

# EASYMEDICINE

## HOME-MEDICINE FOR FAMILY-TREATMENT



### A COMPLETE GUIDE FOR TREATMENT AND MAINTENANCE OF HEALTH

AN USER-FRIENDLY SYSTEM OF TREATMENT FOR CHRONIC AND  
COMPLEX DISEASES WITH MULTIFARIOUS MEDICINES

AN EASY SOLUTION – SELECT YOUR OWN MEDICINE

DISEASE MAY BE MANY, BUT MEDICINES ARE SAME

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**A BOOK ON HOME-MEDICINE  
USEFUL FOR FAMILY AND STUDENTS OF SCIENCE OR NUTRITION**

**• HERBAL • HOMEOPATHY • AYURVEDA • BIOPATHY •**

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## PARTRIDGE EDITOR'S REVIEW

### **'EASYMEDICINE' unlocks promising life hacks to healthy urban living**

*Home medicine manual explains practical prevention, treatment methods for active lifestyles*

KOLKATA, India – According to LSECities, an international research center for economics and political science, an estimated 70 percent of the global population is expected to live in urban areas by 2050. Employment aside, there is only one absolute concern in the demographic shift of rural to urban: healthcare. Yet, to a country which shelters over a billion people and counting, healthcare is a luxury many cannot afford. In "EASYMEDICINE" (published by Partridge India), author Biswajit Biswas attempts to provide a practical solution to this modern dilemma through bio-force, nature's most promising answer to surviving 21<sup>th</sup> century urban living.

"EASYMEDICINE" highlights the roots of common diseases as it illustrates an easy method of treatment and prevention. The book features natural medicine including green chlorophyll and coloured pigments available in fruits, flowers and even in the regular diet. It attempts to address the primary need of modern society to adopt a simple method of health-care rather than submit to tough processes of health maintenance. While it is impractical to persuade busy professionals to stick to a diet chart or live in the countryside to avoid pollution, this simple guidebook will help patch both proactive and reactive solutions to everyday health problems without the strain or the need for expensive investments. Each method is well-articulated with simplified concepts of preparing effective home regimens.

Biswas' interest in learning different systems of medicine and the conventional method of treatment led him to write and compile the concepts contained in this book. "The home-kit medications detailed in "EASYMEDICINE" are for multipurpose use, derived mainly from Indian Ayurvedic system of medicine," Biswas says. "The idea is to enhance immunity of the body – thereby reducing susceptibility to become sick and to increase longevity."

"EASYMEDICINE"

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#### **About the Author**

Biswajit Biswas graduated in 1976 from IIT Kharagpur, one of the leading institutes in India and acquired B. Tech (Hons.) degree in Naval Architecture Engineering. However, after graduation he became deeply interested in almost all branches of medical science. Though his main profession was engineering, he felt a strong need for a simplified but economic system of medicine for treatment of common diseases. He immersed in many villages as a barefoot doctor to learn the user-friendly system of treatment that he shared in this book.

## PREFACE

The main objective of EASYMEDICINE book is to provide overall knowledge on home-treatment or application of medicine within the family. Most of the time we do not suffer from serious disease. Your child may be suffering from common cold and cough, you may be suffering from gastritis or cardiovascular disease and your parents may be suffering from complex or multiple diseases due to age factor. Often you may not have time and money to even visit doctor.

To overcome the difficulty of treatment of family-members we have selected only 7 or 8 numbers of medicines to simplify the process of treatment. Limited number of medicines means less confusion and application becomes user-friendly. One can get rid of majority of problems with little or no effort by keeping some home-stock of the medicines. Thus the concept of home-treatment is unique in all respect.

This book provides you necessary information on underlying causes of disease and how to treat disease by correcting the disharmony of nervous system, lymphatic system and blood or circulatory system (commonly known as metabolic disorder). Disturbance of these three systems is mainly responsible for disease. Hence it is better to treat only the “metabolic disorder” instead of applying medicine for each type of disease. This concept is widely applied for treatment of complex diseases under home-treatment or family-treatment. In case of sudden onset of disease apply your home-stock medicine first at “zero-hour” to simplify the case – then take your own decision.

Diet and exercise also play vital role for maintenance of health. Unfortunately we do not pay much attention on appropriate diet and physical exercise. Additionally, majority of us are directly or indirectly affected by high-order environmental pollution, resulting from water-pollution, air-pollution, food-pollution and microwave-pollution. Considering all these limitations a simplified schema or plan of maintenance of health is highlighted in this book – with an objective of preventing the dreadful diseases. We especially focus on “Preventive Medicine” which one should follow to avoid complicated diseases. Remember the old proverb – “Prevention is better than cure”.

Another advantage of home-treatment is that there is no “fixed rule” or “dose” of taking medicine. All medicines are non-toxic and absolutely free from side effects. Therefore you need not worry about “dose” of the medicine. One can take the medicines in most flexible way.

It should be however remembered that treatment of Surgery, Emergency and High-order Genetic Diseases must be done under allopathic system of medicine by Specialist Doctors. One must be well aware with limitations of the system of home-treatment.

The book “EASYMEDICINE” is written on the background of the desire of our patients who frequently seek detail and logical explanation on the method of family-treatment – thus benefiting them as well as others. By keeping this book at home one will get acquainted with the philosophy of home-treatment and application of the medicines.

One must however note that the most important aspect for maintenance of health, even treatment of so-called complex diseases, is extensive use of “*Natural Medicines*”. These “natural medicines” are Chlorophyll and Coloured Pigments (Bioflavonoid), available plenty in Nature from fresh fruits, vegetables, green leaves and non-toxic coloured flowers. As a matter of fact treatment by using our “medicines” is of least importance – medicines referred in the book are actually meant for the people who are not familiar with the “*amazing curative power of natural medicines*”. I have therefore repeatedly emphasized the importance of “*bio-force*” or “*bio-energy*” in my book. It is needless to say that purest form of “*bio-force*” is only available in chlorophyll and coloured pigments of *Nature*. Read the “basic causes of disease” and “genetic relationship between disease and longevity” mentioned at Chapters-1 & 3 – you will be

certainly able to find out the *easy-solution* for maintenance of health as well as treatment of diseases!

I hereby take the opportunity to acknowledge deep gratitude to my daughter Dr. Srijita Biswas and my students Dr. Soma Ghosh and Sailaja Vanapalli for their enthusiasm and co-operation in the preparation of the manuscript. I express my heartiest gratitude to my colleague Dr. Tapan Biswas, MBBS, DGO, for thorough checking of the book especially with respect to present-day nutritional concept. For overall supervision, I owe not a little to my friend Dr. Saurabh Kumar.

Finally, I remain very much thankful to M/s PARTRIDGE, for undertaking the responsibility of publishing this book.

Hope students belonging to science or nutrition group will find this book logical and interesting in all respect.

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# CHAPTER-1: GENERAL

## INTRODUCTION TO HOME-MEDICINE

Before we peer into the modern age today, we were purely dependent on the nature for treatment. Medicinal plant and trees, herbs and creepers, soil and mineral sources, etc. were used abundantly in treatment of diseases. Our olden “Ayurveda Shastra” and medicinal treatment are the glaring example of above. On the pace of civilization, people are getting off from ayurveda and herbal medicines, soil, mineral resources, etc. and precarious diseases of complex types are being influenced rapidly. Besides there are various types of problem such as environmental pollution, extensive use of chemical manures and pesticides in agriculture, taking of adulterated and preservative-added food and microwave pollution. We cannot forsake modern civilization – so to solve the problems principally depending upon natural resources, we have introduced necessary medicines for home-treatment to cure disease in easy process. The characteristic of treatment is fundamental in all respect as mentioned below:

- All medicines are made of non-toxic materials of Ayurvedic (Indian Science of Medicine), Herbal and Biochemic ingredients. The non-toxic medicines are all free from reaction and there is no particular direction for use. So no dose is earmarked for use the medicines – because there is no harm if taken in excess. The medicines are user-friendly and can be selected or applied easily.
- The medicines for patient are prepared by our own specialist doctors – for our aim is to raise the quality of medicines and for the welfare of people, we do not keep profit on medicines. As a result the medicines are not being made commercially and not sold through any shop. The medicines are to be directly taken by the patient from us for their own use. Besides to raise multifarious character of the medicines, the ingredients of medicines are upgraded from time to time for the need of improvement.
- Each and every medicine can be used in various diseases – even herbal medicines if taken along with the system of medicines of allopathy and homeopathy, give better benefit.
- No particular time is earmarked for taking medicines – the medicines can be taken at any time at one’s own will in a day. No restriction of food is related to taking of medicines – sour, bitter, hot and sweet, any type of food can be taken. But keeping 1/3<sup>rd</sup> of the stomach empty, light food is scientific.
- Everyday some green leaves and coloured vegetables and fruits in the form of juice or salad in un-cooked or raw condition should be taken. As a result, efficiency of every cell of in the body increases. On practice of the above food habit during treatment, you are sure to get better result.
- If the medicines are taken for long in healthy condition, it ensures longer life.
- The main objective of our medicines and our treatment is to keep set right function of digestion and nerves – so that keeping away metabolic disorder, the body will earn health. To remain disease-free, we recommend the use of BIO-TONE PLUS, BOOSTER, BIO-HERB, SUGAR-TABLET or LIV-TREAT, SHAKTI-RAJ and DANTA-RAJ for the entire life. Besides if eye sight is not all right, mental peace gets disturbed, so we advice to use non-irritant type HERBAL EYE-DROP. If digestion and eye care continued in proper way, the pleasure of body and mind keeps intact. So all the above medicines are counted as “Basic Medicines” for “metabolic disorder” and should be continued for the whole life. These are applicable to all – youngsters as well as old.
- It is a well known fact that disease is caused due to disharmony of nervous system, lymphatic system and blood or circulatory system. All the three systems are interdependent to each other – disturbance of one will affect the other. Hence it is very difficult to pinpoint the exact cause of disease, especially when the disease is of chronic, multiple and complex type. The easiest solution is therefore, to treat the metabolic disorder only by applying few medicines, instead of applying array of medicines for each type of disease. The treatment is thus simplified by improving overall health or condition of the patient.

The book EASYMEDICINE gives preliminary guidance or information on treatment of chronic and complex diseases. Medicines are widely used as “Preventive” as well as “Curative” in the process of treatment and maintenance of health.



It should be however, noted that no guidance has been highlighted for treatment of Surgery, Emergency and High-order Genetic Diseases, for which treatment under allopathic medicine by Specialist Doctors is compulsory.

## **LIST OF DISEASES WHERE MEDICINES ARE APPLICABLE**

<ul style="list-style-type: none"> <li>• Diseases of Infants and Children – Fever, cold, cough, stomach problem, tonsillitis, bronchitis, throat pain, asthma, food allergy, dust allergy, skin disease, etc. Health tonic for growing children.</li> </ul>	<ul style="list-style-type: none"> <li>• Chronic Skin Disease, Itching, Eczema, Psoriasis, Arsenic Poisoning.</li> </ul>
<ul style="list-style-type: none"> <li>• Neurological Diseases – Acute Vertigo, Migraine, Parkinson’s Disease, Epilepsy, Flashing sensation of Nerves, Erratic and Shooting Pain, Debility of Nerves, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Diabetes Mellitus (i.e. Type-2) or Blood Sugar, Diabetic Neuropathy.</li> </ul>
<ul style="list-style-type: none"> <li>• Acidity, gastritis, weakness of digestion, Bleeding Piles, Fistula, Constipation.</li> </ul>	<ul style="list-style-type: none"> <li>• Allergy of all types – Dust Allergy, Food Allergy.</li> </ul>
<ul style="list-style-type: none"> <li>• High Pressure, High Cholesterol and Cardiovascular Diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• Hypothyroidism, Hyperthyroidism, Disease of Glands.</li> </ul>
<ul style="list-style-type: none"> <li>• Disease of Respiratory System – Chronic Cold and Cough, Bronchitis, Pneumonia, Asthma.</li> </ul>	<ul style="list-style-type: none"> <li>• Cancer, Breast and Uterine Tumour – Treatment and prevention.</li> </ul>
<ul style="list-style-type: none"> <li>• Arthritis, Gout, Joint Pain, Nerve and Muscle Pain, Sciatica, Frozen Shoulder, Tennis Elbow.</li> </ul>	<ul style="list-style-type: none"> <li>• Disease of Gum, Mouth and Teeth – Pyorrhoea, Spongy Gum, Bleeding and Swelling of Gum, Foul Breath, Ulcer on Tongue and Mouth, etc.</li> </ul>
<ul style="list-style-type: none"> <li>• General and Special Eye Diseases e.g. Glaucoma. Giving-up Spectacles of Children and Youngsters having moderate Power.</li> </ul>	<ul style="list-style-type: none"> <li>• Psychiatry diseases for non-violent and co-operative type patients willing to take our medicines.</li> </ul>
<ul style="list-style-type: none"> <li>• Female Diseases e.g. Leucorrhoea, Menstrual Pain, Excessive Bleeding, etc. Health tonic for pregnant mothers.</li> </ul>	<ul style="list-style-type: none"> <li>• Old Age Problems – Geriatric Diseases e.g. Weakness of Nerves and Digestive System, Shortfall of Memory, Bronchial Problems, etc.</li> </ul>
<ul style="list-style-type: none"> <li>• Disease of Liver – Fatty Liver Disease, Jaundice, Enlargement of Liver.</li> </ul>	<ul style="list-style-type: none"> <li>• General Maintenance of Health – To avoid Surgery and Dreadful Diseases in life, to increase longevity.</li> </ul>

### NOTE:

- 1) No medicine for surgery, emergency treatment and high-order genetic diseases is available.
- 2) Serious and difficult cases must be treated under allopathic system of medicine by specialist doctors.

## **FIVE “CARES” FOR HEALTH CAN KEEP DISEASE AWAY**

Do you know a little awareness on health can keep you free from serious and complicated diseases like arthritis, diabetes, cardiovascular disease, respiratory disease, gastrointestinal disease, food and dust allergy, neurological and mental disorders, cancer and even AIDS? In modern age our lifestyle and pattern of job has become so complicated and dynamic that teachers, engineers, businessmen, computer professionals, etc. can hardly afford to lead disciplined life till their retirement. In fact it is useless to advice them to do exercise, select pesticide-free and preservative-free foods and to perform Yoga and meditation honestly. It is also useless to advice the urban people to live in countryside to avoid dust, smoke and air pollution, and to breathe oxygen-enriched air. It is not possible to avoid fluoride poisoning and arsenic poisoning resulting from the water we use everyday. Likewise, it is fruitless to advice smokers to give up the habit of smoking which he has started for many years.

A little thought will make you realize that majority of people are unable to maintain their health through appropriate diet and systematic Yoga, meditation and exercise. Moreover, you need special trainer or teacher and environment from which you might get proper guidance and enthusiasm. Due to scarcity of time in modern times, one will perhaps realize that majority of young people cannot afford to follow this “tough and disciplined path” for maintenance of health.

What is then the solution of health maintenance for the urban population, especially the working people and professionals? Modern civilization, modern lifestyle, complex and complicated society, unit-family and environment have gifted us array of complicated or complex diseases. Time has come when we should think for an alternate and easy solution without blaming the victims of the disease. Simple attention or care can make your body free from disease.

**KNOW MORE FROM BOOK**

## **CHILDREN'S HEALTH CARE AND GUIDE FOR TREATMENT**

### **INFANTS AND BABIES**

Our medicines are very much effective and helpful for application on infants and babies. Up to 6 months of age, infants should be fed only mother's milk (i.e. breast feeding) to develop immunity. During this period it is important that lactating mother should take the health tonic themselves, a process through which the immunity of mother gets transferred to their child.

Lactating mothers should take 1 or 2 doses Bio-Tone Plus and 1 dose Booster daily, which will not only keep the mother away from disease, but also will help indirectly the infants to develop their immunity to fight against disease.

In addition to above, mothers should take General medicines (Sugar-Tablet or Liv-Treat, Shakti-Raj, Bio-Herb, Danta-Raj and Herbal Eye-Drop) to cover overall maintenance of health.

To keep the skin of the infants and babies bacteria-free, mix 3-4 droppers 'Aqua-Fresh' dilute herbal lotion or few drops 'Multi-Care' concentrate herbal lotion in Olive Oil and apply on the body. These herbal lotions are excellent for protection of skin from bacterial and fungal infections.

Treatment of infants simplified:

Most of the times, babies fall sick due to fever, cold, cough and stomach disorder. Bio-Tone Plus, Booster, Fever-Cold and Stomach-Stool are sufficient to cover all these problems. If the infants are not habituated with solid food or depend only on mother's milk, the medicines are to be taken by mother so that babies receive a small part of medicine through mother's milk.

**KNOW MORE FROM BOOK**

### **GROWN-UP CHILDREN**

Fever, Cold, Tonsillitis, Dust Allergy, etc:

Apply 'Bio-Tone Plus' and 'Booster' confidently in all cases such as fever, cold, cough, influenza, swelling of tonsil and glands, throat pain, etc. Depending on the severity of the disease, repeat both the medicines several times on the very first day, which may be reduced subsequently on the following days.

Children susceptible to cold and cough, dust allergy, etc. should be given these medicines for the whole year.

Constipation, Diarrhea, Gas, etc:

Main medicine is 'Stomach-Stool'. Besides it is better to take Bio-Tone Plus and Booster regularly on long term basis to improve digestive power and to eradicate constipation.

In case of severe diarrhea and vomiting, mix 4-5 full droppers Multi-Care herbal antibacterial lotion with 6-8 caps Shakti-Raj in a glass of water. Take frequent doses of above mixture and finish the medicine within half an hour. You will be astonished to observe the result. Alternatively, take repeated doses of Stomach-Stool; say at 10-15 minutes interval, till the problem subsides.

Increase of memory and talent:

Ideal medicines are Bio-Tone Plus, Booster and Shakti-Raj. If taken by students of school and college regularly, attention and memory increases and better result in examination is expected.

KNOW MORE FROM BOOK

## HEALTH CARE FOR PREGNANT AND LACTATING MOTHERS

Prime importance should be given on health care of the pregnant mothers to eradicate many complications at the time of delivery and post-natal complications.

Pregnant mothers should take 1-2 doses Bio-Tone Plus and 1 dose Booster daily during their whole term of pregnancy or at least for the last 4-5 months. This will not only help the basic systems (nerve, lymph and blood) of their body to function in a better way, but also will help to develop immunity system of the child after birth. In addition to above, chance of transfer of low-grade genetic diseases from the mother to child reduces to a great extent.

Take green chlorophyll and coloured pigments (bioflavonoid) in the form of salad or 2-3 glasses fresh fruit juice to be taken in empty stomach in the morning daily, instead of taking artificial vitamins.

KNOW MORE FROM BOOK

## FIRSTLY MAKE BACTERIA-FREE MOUTH AND TEETH

Main principle of health care is bacteria-free mouth and teeth. If care is taken for mouth and teeth, harmful bacteria cannot make entry in stomach – as a result many diseases can be prevented, especially the stomach diseases. If you take rotten food – you will suffer from stomach disorder, similarly if you do not make your mouth bacteria-free, you will surely suffer from various types of stomach problem such as acidity and gas, weakness of digestion and so on. In fact half of the stomach problems are directly related to careless maintenance of mouth and teeth.

Besides, the underlying cause of general metabolic disorders such as arthritis, diabetes, high blood pressure, high cholesterol, heart disease, etc., are related to faulty assimilation of food and nutrients, which is again closely related to weakness of the digestive system.

KNOW MORE FROM BOOK

## WHY DETOXIFICATION IS NECESSARY FOR TREATMENT OF ALL CHRONIC DISEASES?

Detoxification is a new concept recently introduced in medical science. Considerable amount of toxin is accumulated in our body which causes illness or disease. Toxin causes micro-inflammation or irritation in body cells and therefore it is essential to remove toxin from the body – thus eliminating the root cause of disease. How toxins are accumulated in our body? The answer is i) from external sources and ii) self-generated source.

Food and agriculture:

Lethal dose of toxins is accumulated in the body everyday from our daily food. Harmful chemicals and poisonous pesticides are extensively used in modern agriculture. Moreover, chemicals are used as preservatives for most of the vegetables, packed foods, sweets and almost all types of junk-foods. Use of artificial manures and genetically modified foods and vegetables are also major source of pollution. As a result, we find increase of diseases of digestive system, diabetes, cardiovascular disease, cancer and especially neurological diseases.

### Drinking water:

Due to continuous use of ground water for irrigation, we are facing problems of Fluoride poisoning and Arsenic poisoning. Fluorine is the most reactive element known and readily attacks calcium of bone, which causes arthritis. It also reacts with positive ions (Mg, Fe, etc.) of the body causing disturbance of enzyme function. Similarly, skin disease is spreading because of Arsenic poisoning. Another threat of contamination of drinking water is from industrial waste, which ultimately mixes with drinking water. People residing in industrial belts become victim of industrial waste (from chemical factory) through water, which is sometimes found to be totally unsafe for use.

### Air Pollution:

People residing in urban areas and industrial belts are subjected to air pollution through dust, carbon monoxide, lead poisoning and especially heavy metal pollution near steel factories. These are the root cause of respiratory problems of various types e.g. chronic cough, bronchitis, asthma, pneumonia, lung cancer and so on. Increase of lung cancer is mainly due to heavy-metal industrial pollution in air, which is perhaps more serious than tobacco smoking.

### Microwave and electromagnetic pollution:

It is comparatively a recent problem developed due to extensive use of T.V., computers, domestic appliances such as micro-oven, mobile phones and especially the transmitting towers. The problem of microwave pollution is largely found in urban areas however, rural areas are not free from the pollution. Young generation who extensively use computers, T.V., mobile phones are the major sufferers of neurological problems such as attention disorder, eye disease, hearing deficiency and even impotency.

It is evident that modern civilization cannot avoid threat of pollution-based toxins derived from food and agricultural pollution, drinking water pollution, air pollution, and above all microwave and electromagnetic pollution. On the other hand, do you know that harmful toxins are equally generated by our body itself?

### **DETOXIFICATION – HOW TO EXPEL TOXINS?**

Importance of detoxification is overlooked in most of the cases. Hence, treatment of diseases remains incomplete, especially for the treatment of chronic or long lasting diseases.

We provide special attention on detoxification in our system of treatment. Toxins are the root cause of all diseases. It silently produces local or general inflammation (irritation) of cells in our body in varying magnitude. Function of internal organs and glands, lymph, blood, nerves, etc. are greatly affected by the “endurance limit” of the body to withstand accumulated toxins from external sources as well as self-generated source. When the accumulation of toxin crosses threshold level, the body starts to react. This condition is termed as “disease”, it may be simple type fever, arthritis, diabetes, cardiovascular disease, cancer, neurological problems and so on.

Keeping this in mind, we have developed medicine to expel the toxins in two ways: i) Direct way and ii) Indirect way.

**KNOW MORE FROM BOOK**

## **LACK OF DIETARY FIBER IS ROOT-CAUSE OF DISEASE**

Do you know fiber plays the most important role in maintenance of our health? It is difficult to believe that fiber grows immunity potential of the body to a large extent, whereas contrary to our conventional belief, artificial vitamins play no significant role to develop immunity. On the other hand, our body is capable of developing large number of vitamins. We also get vitamins from our daily food. It has been now established that there is practically no need of taking artificial vitamins – in fact regular intake of artificial vitamins and antioxidants is

harmful for health and even reduces longevity. We will be benefited if we concentrate our thoughts on dietary fiber, rather than vitamins.

Our herbal medicines (mixed with Biochemic medicines) Bio-Herb Nos. 1 & 2 are highly efficient to expel toxins accumulated by the food-processing system (i.e. digestive and excretory organs) of the body. Scientists are now convinced with the importance of dietary fiber, because fibers can expel toxins in most efficient way. If you think a little deeper, you will be surprised to learn that direct or indirect cause of all diseases is due to lack of fiber in our regular diet.

[KNOW MORE FROM BOOK](#)

## **CHLOROPHYLL AND COLOURED PIGMENTS THE LIFE FORCE OF HEALTH**

The greatest curse of our modern civilization is the rapid increase of complicated diseases like cardiovascular disease, diabetes, neurological disease, cancer and AIDS. Instead of going deep into genetic factors, we will concentrate our attention on the basic reason or the underlying cause of the disease. Advancement of civilization has lead to destruction of forests i.e. plants, herbs, trees and flowers. Rapid industrialization in 20<sup>th</sup> century has practically disturbed ecological balance with profound change in lifestyle and food habit. Environmental pollution due to industrialization and modernization of agriculture with extensive use of chemical fertilizer, harmful pesticide and genetically modified food are the matter of concern for major health hazards and spread of serious diseases, especially in urban areas.

Hence it is evident that the more we are going away from Nature, the more increase of diseases are observed. We are 100% dependent on Nature to utilize the “useful solar energy” to convert the same into chemical energy, heat energy and mechanical energy to maintain our body function. The reason is, unlike plant we do not have Chlorophyll in our body and therefore, we have to depend on conventional foods for nutrition. It is the only plants which convert “useful solar energy” into “chemical energy” in the form of carbohydrates, proteins and fats. In fact all animals, including carnivorous animals depend on plants (chlorophyll) directly or indirectly.

Chlorophyll and coloured pigments form the building-block of life. Green plants are rich in chlorophyll whereas coloured fruits, vegetables and flowers are the main source of ‘natural coloured pigments’. Go to any forest and look at the Nature – you will discover the vibrant of colours in Nature. Green leaves and multicoloured fruits, vegetables and flowers form the beauty of Nature. Plants and trees in the forest never fall sick – thrives hundreds or few thousand years combating with scorching sunshine, thunders, storms and other natural calamities. Lesson is if you want to remain healthy, beautiful and disease-free, you must be aware of the amazing power of chlorophyll and coloured pigments.

[KNOW MORE FROM BOOK](#)

## **MEDICINE, DIET AND EXERCISE**

### **SOME SPECIAL FEATURES**

Our system of treatment (Biopathy) calls for special attention on Medicine, Diet and Exercise. Based on these three main pillars of treatment, most of the chronic and complicated cases which are difficult to cure by conventional system can be cured in the easiest way.

### **MEDICINE**

We have limited number of medicines for treatment of chronic diseases. Medicines are absolutely free from any side-effect whatsoever. These are applicable to child as well as old, medicines have “multipurpose” and “multifarious” functions – activates internal organs and system e.g. liver, lung, heart, kidney, stomach, pancreas, uterus, nervous system, blood and circulatory system, excretory system, reproduction system, etc. Most important feature of our medicine is that it detoxifies the whole body by removing accumulated toxins of

the body, caused by environmental pollution and incorrect food habit. Besides, the medicine caters for maintenance of health of Eye – the most important organ responsible for mental peace and stability.

Salient features of application of medicines:

Medicines are extremely useful to correct “metabolic disorder” irrespective of disease. In fact most of the chronic disease is the outcome of “metabolic disorder” of the whole body i.e. disharmony of nervous system, lymphatic system and circulatory system – it may be cold and cough, tonsillitis, arthritis, high or low pressure, high cholesterol, skin disease, hypothyroidism, hyperthyroidism, fatty liver disease, etc. In fact we need not break our head to find out medicine for individual disease – simply by improving of “metabolic function” the patient can get relief in shortest way.

**KNOW MORE FROM BOOK**

## **DIET**

Depending on the intensity and complication of the disease, take Green Chlorophyll and Coloured Pigments (bioflavonoid) daily from green and coloured leaves, vegetables and fruits. Needless to say, these pigments are destroyed during cooking or by exposure of excess heat or cold. In fact useful Solar Energy or Bio-Energy is stored in green and coloured pigments, which directly influence Chromosome or Gene and vitalizes mitochondria of the living cell. This useful solar energy (Bio-Energy) is the internal energy of every living object of our Planet and this energy can be termed as “Life Force”.

Under green pigment coriander leaf, cucumber, guava, green peas etc. are very useful. Patients suffering from diabetes, heart disease and cancer must take plenty of green leaves in un-cooked condition. Under coloured pigment vegetables, carrot, tomato, orange, apple, black grape, watermelon, pineapple, etc. are easily available. These green and coloured pigments are essentially required for the patients of arthritis, skin disease, heart disease, diabetes and specially cancer – in fact they cannot be cured without these pigments.

**KNOW MORE FROM BOOK**

## **EXERCISE**

Light or moderate exercise of any type is very much useful for maintenance of health. Walking for about half an hour daily in the morning should be practiced. Heavy or vigorous type exercise is not considered to be beneficial in the long run. We recommend exercise for those people who are able to do so. Breathing exercise (‘Deep Breathing’ and ‘Fast Breathing’) is effective in most of the diseases, especially in asthma or sinus. For diabetic patients fast-walking, jogging or running proves to be very effective.

Meditation is also considered to be a form of exercise. It reduces irregular pulses generated in our brain due to mental stress of our busy and modern lifestyle. Meditation can restore normal activity of brain and helps to reduce all types of psychosomatic diseases. Practicing meditation is especially recommended to prevent diseases like attention disorder, Alzheimer’s disease and many other neurological diseases.

**KNOW MORE FROM BOOK**

# CHAPTER-2: MEDICINE

## BIO-TONE PLUS (TRIPLE STRENGTH)

### MEDICINE FOR ALL DISEASES

It is a wonderful multifarious type of medicine for application in all diseases and has highest curative action. Bio-Tone Plus and Booster medicines are mainly of Ayurvedic with Biochemic preparation, and complementary to each other. In most of the disease, these two medicines are generally used in 2:1 ratio, which means Bio-Tone Plus is normally used twice the quantity of Booster medicine. However, in nerve-related disease, Bio-Tone Plus and Booster should be taken in 3:1 ratio to exhibit the best effect.

Bio-Tone Plus has profound capability of influencing nervous system, lymphatic system and blood or circulating system, thereby brings balance or harmony between the three. Disease is caused due to imbalance of above systems; hence application of Bio-Tone Plus (in combination with Booster) is compulsory for all types of acute and chronic disease. General and special application of Bio-Tone Plus are as follows :

#### Nerve-related disease:

Neurological diseases such as acute and chronic vertigo, Parkinson's disease, migraine, epilepsy, headache, eye and optic-nerve related diseases, flashing sensation of nerves, pain due to sciatica and arthritis, erratic type pains, severe or shooting pain anywhere in the body, weakness of memory especially at old age, attention disorder, schizophrenia, insomnia, Alzheimer's disease, psychiatry disorder, general debility of Nerves and so on.

#### Lymph-related disease:

Diseases due to deficiency of immunity system of the body such as viral fever, influenza, tendency to get cold, tonsillitis, pharyngitis, bronchitis, pneumonia, bacterial and fungal infection, endocrine diseases like diabetes, hypothyroidism and hyperthyroidism, fatty liver disease, gastritis, chronic constipation, weakness of digestion, swelling of lymph glands and even malignant diseases like cancer and tumour.

#### Blood-related disease:

High cholesterol, high or low blood pressure, heart diseases like angina pectoris, food allergy, dust allergy, bleeding piles, fistula, eczema, psoriasis, boils and abscess, eosinophilia, liver disorder, toxin-related diseases like environmental pollution, fever due to attack of virus, bacteria, parasites, etc.

**KNOW MORE FROM BOOK**

## BOOSTER

### MEDICINE FOR ALL DISEASES

It is a complementary medicine of Bio-Tone Plus. The medicine is also of multifarious type in its action and has profound curative power. Medicine should be applied to all diseases in combination with Bio-Tone Plus. Booster is also a powerful medicine to bring harmony between nervous system, lymphatic system and circulating system, similar to Bio-Tone Plus mentioned above.

**KNOW MORE FROM BOOK**

**DISEASES WHERE BIO-TONE PLUS (TRIPLE STRENGTH)  
AND BOOSTER TO BE APPLIED**

<b>A)</b>	<b><u>NERVE-RELATED AND IMMUNITY DEFICIENCY DISEASES</u></b>
•	<u>Neurological and Head-related Disease (Central and Peripheral Nervous System):</u> Acute Vertigo, Severe Migraine, Parkinson's Disease, Writer's Cramp, Sciatica, Erratic Pain of Nerves, Flashing Sensation, Shooting or Pulsating Pain anywhere in the body, Headache, Brain Tumour, Weakness of Optic Nerves of Eyes.
•	<u>Nerve-related Heart Disease:</u> Sick Sinus Syndrome, Irregular Pulse, Sinus Bradycardia, Tachycardia, Sino-arterial Block.
•	<u>General Psychiatry Problems (applicable for non-violent and co-operative type patients) :</u> All types of Psychiatry disorders e.g. Depression, Dementia, Fear, Weakness of Memory, Schizophrenia, Alzheimer's Disease.
•	<u>Allergy and Immunity Deficiency:</u> Dust Allergy, Food Allergy, Recurring Cold and Cough.
•	<u>Disease of Respiratory System:</u> Severe Bronchitis with High Fever, Pneumonia, Cold and Cough, Chronic Asthma.
•	<u>Geriatric or Old Age Disease:</u> General Health Problem in Old Age, Weakness of Nerves, Shortfall of Memory, Chronic Bronchial Problems, Weakness of Digestion.
•	<u>Tonic for Maintenance of Health:</u> General Health Tonic for all, Health Tonic for Children and Pregnant Mother, Avoidance of Surgery in Life, Leading Disease-free Life, Increase of Longevity.
<b>B)</b>	<b><u>LYMPH-BLOOD RELATED DISEASES</u></b>
•	<u>Disease of Digestive System – Acidity, Piles, Fistula:</u> Chronic Acidity, Gas, Weak Digestion, Weak Liver, Chronic Dysentery, Constipation, Bleeding Piles, Fistula.
•	<u>Liver-related Heart Disease:</u> High or Low Blood Pressure, High Cholesterol, High LDL, Coronary Artery Disease (CAD), High-grade Tonic for Heart.
•	<u>Arthritis and Bone-related Disease:</u> Chronic Arthritis, Joint Pain, High Uric Acid, Gout, Osteoporosis, Fluoride Poisoning.
•	<u>Disease of Lymph and Endocrine Glands:</u> Swelling and tenderness of Glands, Hypothyroidism, Hyperthyroidism, Fatty Liver Disease, Jaundice, Enlargement of Liver, Obesity.
•	<u>Skin Disease:</u> Itching, Eczema, Urticaria, Psoriasis, Recurring Boils & Pimples, Arsenic Poisoning.
•	<u>Female Disease:</u> Menstrual Pain, Leucorrhoea, Excessive Bleeding, Menopause problem, Uterine and Breast Tumour.
•	<u>High Fever, Severe Cold and Cough:</u> Severe Tonsillitis, Pharyngitis, Flue, Running Nose, Viral Fever, Unknown type of Fever, Throat



Irritation, Cold and Cough.
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[KNOW MORE FROM BOOK](#)

## **“SHAKTI-RAJ” HEALTH TONIC FOR CHILDREN, ADULT AND OLD**

Used in chronic acidity and indigestion, heartburn, rumbling feeling and heaviness of stomach, tenderness in the region of liver. Effective in cleaning of blood, reduces uric acid, cholesterol, pain on joints and muscles, gout, osteoarthritis, bleeding piles and fistula. Improves blood-circulation and prevents formation of clots in the blood. Remedy is indicated in all types of skin disease, formation of recurrent boils and carbuncles, cardiovascular diseases, varicose vein, weakness of liver and heart, eye diseases. If taken regularly, it can reduce risk of malaria and mosquito-borne diseases. It helps to prevent even cancer and tumour, if taken regularly for the whole life. Special application of the medicine is given below:

Medicine contains high grade Calcium, Magnesium, Phosphorous, Zinc and Vitamin B-complex and therefore, considered essential for growth and development of intelligence of especially school-going children.

Old people generally suffer from sluggishness of digestive system and nerves (geriatric problems). For them Shakti-Raj along with Bio-Tone Plus, Booster and Sugar-Tablet or Liv-Treat is ideal.

Function of optic nerve improves, if taken regularly. Shakti-Raj is a compulsory medicine for glaucoma for lowering the eye-pressure.

It cools down the body in summer or hot-weather and brings comfort. Take 3-4 caps medicine regularly in summer to reduce the possibility of heat-stroke.

[KNOW MORE FROM BOOK](#)

## **“SUGAR-TABLET” AND “LIV-TREAT” HERBAL TABLET WITH BIOCHEMIC MEDICINE FOR DIGESTIVE SYSTEM**

Herbal tablet blended with essential Biochemic medicines, for treatment of all diseases related to liver, digestive system, blood and skin. Following are the main application of Sugar-Tablet or Liv-Treat:

It is indicated in all types of stomach problems such as chronic acidity, indigestion and gas for many years. Medicines are especially effective in chronic and acute dysentery, amebiasis, bleeding piles and all types of skin disease such as eczema, itching of skin, recurring boils and carbuncles, etc. Purifies blood, reduces LDL cholesterol and triglyceride of the blood.

If taken with Shakti-Raj, it reduces uric acid and chronic arthritic pain. It is especially indicated in all types of Jaundice. It is a high grade tonic to improve the function of liver.

Note that though action of both medicines is almost same, Sugar-Tablet is more powerful than Liv-Treat. Sugar-Tablet is equally effective for both diabetic and non-diabetic patients. For diabetic patients it moderately reduces blood-sugar level.

[KNOW MORE FROM BOOK](#)

# **“BIO-HERB” MEDICINES**

## **BIOCHEMIC-MIXED HERBS FOR DETOXIFICATION**

These are important herbal medicines for treatment of all types of chronic diseases and for better functioning of internal organs of the body. Two types of Bio-Herbs are available – BIO-HERB No. 1 and BIO-HERB No. 2, for general and multipurpose use. Both types of Bio-Herbs are blended with Biochemic medicines and are the richest sources of “natural vitamins” and “dietary fibers”.

Thus combination of Bio-Herb Nos. 1 & 2 protects the vital organs and the whole body. Continuous use of these medicines will ensure protection from all types of complex disease, especially cardiovascular diseases. “Bio-Herbs” are the wonderful medicines to correct “Metabolic Disorder” and are the best answer for prevention of dreadful diseases like Cancer and AIDS.

These medicines not only provide “natural vitamins” but also supplements basic nutrition of the body. It protects the body from toxins and environmental pollutions, helps to maintain good health. These medicines must be used in all diseases to speed-up the process of cure.

Bio-Herbs should be taken regularly by sick as well as healthy people of all ages irrespective of disease. These medicines have plenty of “dietary fiber” and hence, excellent for “Detoxification of the Body”. For treatment of any complex and multiple diseases, take plenty of Bio-Herb 1 or 2 at bedtime and drink sufficient water in empty stomach in the morning – toxins like arsenic, fluoride, pesticide, etc. will come out of your body through soft or liquid stool. Regular intake of Bio-Herb medicines will surely increase longevity of people by at least five years.

[KNOW MORE FROM BOOK](#)

## **“DANTA-RAJ” HERBAL TOOTHPOWDER**

### **MEDICINE FOR MULTIPURPOSE ACTION AND ORAL HYGIENE**

Danta-Raj, a marvelous bacteria-destructive herbal toothpowder, is used in various problems like pyorrhea, offensive odour in mouth, swelling of gum, toothache, oozing of blood from gum, sore in mouth and tongue, spongy gum, etc. If tooth becomes loose in childhood due to some reason, use it – tooth will be stronger. It is incomparable in keeping mouth clean and fresh. If care is taken harmful bacteria cannot take entry into stomach – as a result disease can be prevented, especially stomach trouble. It prevents mouth cancer – as no chemical mixed with it, gum become strong and root of tooth remains strong.

It is a wonderful tonic to keep the optic nerves lively, eyesight better – it prevents all types of eye diseases, if regularly used from childhood.

It has got beneficial action on digestive system. During treatment of all chronic or complex diseases, it is mandatory to use Danta-Raj to improve the efficiency of the digestive system. Brush teeth using Danta-Raj toothpowder and apply Multi-Care lotion on your gum and swallow the medicine – you will be surprised to note that one-third of your stomach problem has been diminished.

[KNOW MORE FROM BOOK](#)

## **“MULTI-CARE” POWERFUL ANTISEPTIC AND PAIN-RELIEVING HERBAL LOTION**

Multi-Care is a wonderful multifarious herbal lotion having profound antiseptic, antibacterial, antifungal and anti-inflammatory action. Medicine acts on multiple areas – it is used for internal as well as external application. It is for multipurpose use, hence an essential item for all family.

It is a powerful antiseptic lotion for application in all types of cuts and wounds. Medicine will stop bleeding and prevent formation of pus. It is a high-grade antiseptic lotion for healing of the wounds. In case of excessive bleeding, apply cotton soaked with medicine and then bandage the area.

Medicine works wonderfully to relieve all types of pain due to injury of the muscle. It quickly subsides inflammation and swelling (except pain due to fracture of bone). Just apply few drops of medicine on the painful area and rub gently with your finger. In case of excessive pain, apply several times.

It is extremely useful in all types of ulcer, severe itching on folds of skin, eczema, abscess, boils, carbuncles, bleeding and wounds, painful tumour on skin, itching and swelling of piles with feeling of rawness. The lotion is ideal for application on the tender skin of infants and babies.

The lotion works marvelously in all types of dental problems such as severe toothache, swelling, bleeding and softening of gum, pyorrhea, loosening of teeth due to injury, ulcer on gum, mouth and tongue. Used for protection of gum and saliva. For strengthening or hardening of gum, apply few drops on gum and gently rub by finger.

**KNOW MORE FROM BOOK**

## **NON-IRRITANT TYPE HERBAL “EYE-DROP” FOR ALL EYE DISEASE & PROTECTION FROM ENVIRONMENTAL POLLUTION**

The herbal Eye-Drop is completely non-irritating and useful in all types of eye disease like conjunctivitis, eye sore, sty, myopia, optic atrophy, night blindness, glaucoma, Eale's disease, corneal disease, vitreous opacity and so on. It is useful to everybody – elderly or children.

It prevents all types of complications like eyes of computer worker, excessive watching of T.V., air pollution, microwave and electromagnetic pollution, even increasing of eye power and progress of cataract.

Eye-Drop is to be used in all cases of eye disease especially school and college students regularly. For chronic eye disease treatment with internal medicine as well as external medicine (eye-drop) is essential and proves to be most effective.

Direct application of 1 or 2 drops MULTI-CARE or AQUA-FRESH on eyes is also recommended as an alternative to eye-drop. Thus you can totally eliminate Home-stock medicine of herbal eye-drop.

**KNOW MORE FROM BOOK**

## **“AQUA-FRESH” HERBAL BATH ANTISEPTIC AND ANTIFUNGAL LOTION-CUM-COSMETIC**

Usefulness of Aqua-Fresh herbal bath is of three fold. Firstly, in skin care or cosmetic use it is unrivaled. Secondly, it gives benefit if applied in any skin disease, itching on folds of skin, etc. Thirdly, we get some comfort if applied on the painful area of the muscle. It works like Multi-Care, but being a diluted variety, its curative power is comparatively less.

It is effective after-bath herbal lotion for skin. Removes micro-particles of soap used during bath and the skin becomes smooth. Keeps skin healthy and retards aging effect or wrinkling of the skin. It has excellent antiseptic, antibacterial and antifungal action on skin.

For skin care or for cosmetic application, those who spend plenty of money in cosmetics, they can spend minimum using Aqua-Fresh, which is of high standard. Everybody knows that by application of conventional beauty creams, the pores or sweat-glands of the skin get blocked by sticking small particles of dust from air.

On the other hand skin can easily soak Aqua-Fresh medicine – as a result for its influence, bad odour of body goes away, skin becomes soft and cool – even skin disease cures.

For infants and small babies, mix few droppers Aqua-Fresh (or few drops Multi-Care) in Olive Oil and massage the whole body. The herbal antiseptic medicine will work wonderfully on the tender skin of babies.

Aqua-Fresh is only a dilute variety of Multi-Care lotion. It can be substituted by Multi-Care for all practical purpose. By keeping Multi-Care under Home-stock medicine, one can totally eliminate requirement of Aqua-Fresh.

**KNOW MORE FROM BOOK**

## **“SONALI” POWERFUL ANTISEPTIC HERBAL CREAM**

Sonali works wonderfully in any type of bleeding from cuts and wounds, burns, bites of poisonous insects such as bees, wasps, etc.

It is a powerful antiseptic for any type of cut from sharp instrument, as well as after-shaving application. Apply the cream – bleeding will be stopped immediately. In case of deep cuts with excessive bleeding, apply the medicine with cotton and bandage the area. To eradicate all possibilities of “tetanus” take 3-4 droppers ‘Fever-Cold’ liquid medicine 2-3 times daily for a week.

It is an essential item for children who are often affected by cuts.

### Bites of poisonous insects:

It relieves pain and burning sensation from bites of poisonous insects such as bees, wasps, etc. Apply on the painful area – you will get immediate relief.

### Burns from spillage of hot oil, etc.:

Apply immediately on the affected area of the skin – no blister will come out. It is an essential item for housewives who are often affected by burns during cooking. Always keep the medicine in your kitchen.

### Skin-care cream:

It is an ideal and high-grade cosmetic for cracks on feet or skin. Wash your feet at night and apply the cream – you will get wonderful result. It moderately works in boils, carbuncles, dry eczema and skin disease, barber’s itch, etc.

Sonali is an ideal cream for First-aid management. This medicine is used for external application only and should not be applied on eyes or tongue.

**KNOW MORE FROM BOOK**

## **STANDARD LIQUID MEDICINES FOR COMMON USE SPECIAL APPLICATION FOR CHILDREN FEVER-COLD MEDICINE**

It takes care all types of fever and especially useful for the children. During onset of fever, flue or running nose, take medicine repeatedly at 10-15 minutes interval till fever subsides. In case of fever with stomach problem, alternate this medicine with ‘Stomach-Stool’. This medicine is having excellent anti-tetanus and anti-allergic property. It cools down the excitement of nerves.

It must be however, noted that the medicine works well in simple type of fever, cold and cough. But in case of complicated cases like swelling of tonsils, bronchitis or fever of unknown type with severity, always apply repeated doses of 'Bio-Tone Plus' and 'Booster' in combination (generally in 2:1 or 1:1 ratio).

## STOMACH-STOOL MEDICINE

Medicine to take care all types of stomach problems such as indigestion, rumbling of stomach, diarrhea of many types, vomiting, bleeding of piles, etc. In case of feeling of uneasiness in stomach, take this medicine repeatedly at 15-20 minutes interval. It is an essential remedy, especially for children.

However, in case of severe diarrhea with vomiting like cholera, it is better to take a mixture of 'Multi-Care' and 'Shakti-Raj'. Read "Crisis Management" mentioned in this book. For chronic acidity and gas, generally Sugar-Tablet proves to be more effective than Stomach-Stool.

**KNOW MORE FROM BOOK**

## KEEP READY STOCK OF MEDICINES WITH YOU FOR FAMILY-TREATMENT

We do not treat patients with large number of medicines. All medicines are having multifarious actions. Most of the diseases, except surgical cases and high-grade genetic disorders, can be cured with these limited numbers of medicines by blind application of the same. Use of only few medicines eliminates confusion of the treatment. The medicines are thus called user-friendly and family-medicine.

### Essential Medicines Suggested for Family-stock:

1)	Bio-Tone Plus 'Triple Strength' (for all diseases)	:	6-8 Packets
2)	Booster (for all diseases)	:	4 Packets
3)	Sugar-Tablet or Liv-Treat (tablets of bitter taste)	:	1 Phial each
4)	Shakti-Raj (health tonic for all ages)	:	1 Bottle
5)	Bio-Herb No. 1 (herbs and biochemic)	:	2-3 Bottles
6)	Bio-Herb No. 2 (herbs and biochemic)	:	2-3 Bottles
7)	Danta-Raj (herbal toothpowder)	:	2-3 Bottles
8)	Multi-Care (antiseptic and pain-relieving herbal lotion)	:	1 Phial
9)	Sonali (herbal antiseptic cream)	:	2-3 Pieces

### Optional Medicines Suggested for Family-stock:

1)	Stomach-Stool (liquid medicine)	:	1 Phial
2)	Fever-Cold (liquid medicine)	:	1 Phial
3)	Aqua-Fresh (herbal bath and cosmetic)	:	1 Phial
4)	Herbal Eye-Drop (or replace by Multi-Care or Aqua-Fresh)	:	1 Phial

For maintenance of health, 1 packet each Bio-Tone Plus and Booster may be consumed in a month by each of your family members. These medicines are of high-grade tonic for health. Let the medicines be consumed by your school-going children as well as very old members of your family. Consumption of medicines for diseased persons or patients is however, more than above requirement. Bio-Tone Plus and Booster will cover up the major area of problems. However, other "General medicines" as listed above should also be utilized by your family members, because the medicines have got special role of action. Therefore, all medicines are equally important for overall maintenance of health.

Variety of Home-stock medicines can be further reduced by knowing the difference between "Basic or Primary medicines" and "Derivatives or Secondary medicines". Refer "Table-X" and note that the number of medicines under Home-stock can be practically reduced to only 7 or 8 instead of 13 medicines listed above. It is up to you to use reduced variety of Home-stock medicines.

**KNOW MORE FROM BOOK**

## **ALWAYS CARRY ESSENTIAL MEDICINES IN TRAVELER'S KIT DURING YOUR FAMILY-TOUR**

When you travel with your family, it is of utmost importance to keep yourself and your family members free from health-hazard. Due to change in weather, your child may suffer from viral fever, tonsillitis, cold and cough, throat pain, etc. It is not guaranteed that you will take bacteria-free water and food all the time. Especially people of plain dry land are not accustomed with the drinking water of the tropical coastal region and therefore, there is risk of stomach problem like amebiasis, dysentery and indigestion.

Whatever may be situation, a simple way of prevention of disease will make your tour happy and peaceful. Just before one or two days of your journey, start taking 1 dose each Bio-Tone Plus and Booster daily till you complete your tour. These two medicines will definitely elevate your immunity level to a great extent and you will be practically free from unwanted problems due to change of weather. Always carry few packets of Bio-Tone Plus and Booster with you.

Take 5-6 Sugar-Tablet or Liv-Treat tablets and 1-2 caps Shakti-Raj daily during meals to keep your stomach trouble-free. These medicines will also relieve threat from mosquito-borne disease, if taken continuously from one month before your tour. Take plenty of Bio-Herb to eradicate constipation due to change of food-habit during your tour.

Apply Multi-Care (alternatively Aqua-Fresh) antiseptic-cum-antibacterial lotion or Sonali antiseptic cream immediately on any type of cuts and wounds or muscle pain due to injury. In case of severe diarrhea (watery stool) with or without vomiting, mix 5-6 full droppers of Multi-Care medicine with 8-10 caps Shakti-Raj in a glass of water. Consume the mixture within a short time. Repeat this process once or twice as applicable. You will be surprised to realize that searching for doctor is not necessary. Alternatively, take repeated dose of Stomach-Stool till the stomach trouble becomes normal.

### Emergency management:

It must be remembered that Bio-Tone Plus has profound capability to control certain emergency situations like severe vertigo, unbearable pain of nerves anywhere in the body, pain due to rheumatoid arthritis, severe headache and migraine, severe throat infection or bronchitis or tonsillitis with high-fever and so on. Under these situations apply Bio-Tone Plus repeatedly; say at 15-30 minutes interval, with few doses of Booster medicine. In most of the cases, you will find that your crisis period gets over within few hours.

### Suggested Medicines for Traveler's Kit during long tour:

- |    |   |   |                  |
|----|---|---|------------------|
| 1) | Bio-Tone Plus (Triple Strength) and Booster | : | 6-8 Packets each |
| 2) | Sugar-Tablet or Liv-Treat and Shakti-Raj    | : | 1 Phial each     |
| 3) | Bio-Herb Nos. 1 & 2 (herbs and biochemic)   | : | 1 Bottle each    |
| 4) | Stomach-Stool (liquid medicine)             | : | 4 Phials         |

- |    |   |   |          |
|----|---|---|----------|
| 5) | Danta-Raj (herbal toothpowder)                              | : | 1 Bottle |
| 6) | Multi-Care (antiseptic and anti-inflammatory herbal lotion) | : | 1 Phial  |
| 7) | Sonali (antiseptic cream)                                   | : | 1 Piece  |

**KNOW MORE FROM BOOK**

## **CHAPTER-3: TREATMENT OF DISEASES**

### **TREATMENT OF NEUROLOGICAL DISEASES**

Bio-Tone Plus and Booster are the wonderful medicines for all types of neurological diseases. The action of these medicines is to supply nutrition to the nerves. Thus treatment of neurological disease is very much simplified – one need not scratch his head to find out the reasons or underlying causes of neurological disorders. Simply apply the medicines to get the desired result. Medicines work smoothly on nervous system, lymphatic system and circulatory system to restore their normal functions. Note the simplified treatment of few complicated neurological disorders:

#### **VERTIGO: SEVERE AND CHRONIC TYPE**

Brilliant cure is achieved for any type of positional vertigo – mild or severe. Depending on the severity, take 1-2 doses Bio-Tone Plus and 1 dose Booster daily for 3-4 months. However, the starting dose may be increased depending on the severity. It is better to continue the medicine for a year.

Additionally take General medicines (Sugar-Tablet or Liv-Treat, Shakti-Raj, Bio-Herb and Danta-Raj) for overall improvement of your system.

#### **MIGRAINE, ERRATIC NEUROLOGICAL PAIN, SEVERE HEADACHE**

Do you believe that chronic Migraine of many years can be cured easily within a few months? Erratic neurological pain or problems such as sensation of sudden pain at different organs or parts of the body can be cured smoothly? Headache form unknown reason (not related with eye or spectacle problem) can be relieved by simple treatment? Initially take 1-2 doses Bio-Tone Plus and 1 dose Booster daily, for 3-4 months – thereafter continue the maintenance dose. You will be relieved from the unwanted or peculiar problems within a year or so.

Use General medicines (Sugar-Tablet or Liv-Treat, Shakti-Raj, Bio-Herb and Danta-Raj) to accelerate the process of cure.

#### **PARKINSON'S DISEASE, WRITER'S CRAMP**

Miraculous cure is observed by taking Bio-Tone Plus and Booster continuously for about a year. Initially take 2-3 doses Bio-Tone Plus and 1 dose Booster on regular basis for 2-3 months. Thereafter, dose may be reduced to 1-2 doses Bio-Tone Plus and 1 dose Booster daily.

Take supportive medicines (Sugar-Tablet or Liv-Treat, Shakti-Raj, Bio-Herb and Danta-Raj) to correct metabolic disorder. Intake of green chlorophyll and coloured pigments (bioflavonoid) of nature in the form of leaves, vegetables and fruits, proves to be very useful.

## **FLASHING SENSATION OF NERVES, SEVERE AND SHOOTING PAIN OF NERVES, SCIATICA**

Instead of scratching your head to find out the cause of flashing sensation of your nerves, or searching for suitable remedy for sciatica, just take Bio-Tone Plus and Booster. Take 1-2 doses Bio-Tone Plus and 1 dose Booster daily and continue the medicines for 2-3 months. In case of specific neurological pain (say flashing pain on gum), additionally apply 'Multi-Care' concentrated herbal lotion or 'Aqua-Fresh' dilute lotion on the affected area.

Take General medicines (Sugar-Tablet or Liv-Treat, Shakti-Raj, Bio-Herb and Danta-Raj) for overall maintenance of health.

## **EPILEPSY, BRAIN-FAG, BRAIN TUMOUR, AFFECTION OF BRAIN, BED WETTING OF CHILDREN**

All these diseases are due to weakness or over-excitement of nerves. Bio-Tone Plus and Booster are the leading remedies for all types of problems related to brain or nervous system. Initially start with 2-3 doses Bio-Tone Plus and 1 dose Booster daily for 3-4 months. Thereafter, the dose may be reduced to 1-2 doses Bio-Tone Plus and 1 dose Booster daily, depending on the situation. In case of sudden problem, repeated dose of 'Fever-Cold' or 'Stomach-Stool' liquid medicines may prove to be effective.

## **OLD AGE PROBLEMS: PREVENT MEMORY LOSS, ALZHEIMER'S DISEASE, WEAKNESS OF NERVES**

Majority of old people suffer from bronchial problems, cardiovascular disorders, stomach problem, arthritis and weakness of nerves resulting in shortfall or even loss of memory. Moreover, people at old age slowly become resistant to the common drugs – as a result it becomes extremely difficult to cure respiratory problems such as chronic cold and cough, bronchitis, pneumonia etc. Take 1-2 doses Bio-Tone Plus daily with one-third quantity Booster medicine on regular basis throughout the year. By this way your immunity will not only increase but also weakness of nerves, shortfall of memory, neurological problems like Alzheimer's disease, Parkinson's disease, etc. will be within your control. It is better to continue the medicines for rest of your life.

Additionally, take General medicines (Sugar-Tablet or Liv-Treat, Shakti-Raj, Bio-Herb and Danta-Raj) for maintenance of health. These medicines will also definitely reduce all types of old age problems (geriatric diseases).

## **VISION AND OPTIC NERVES: EASY METHOD FOR GIVING UP SPECTACLES**

Bio-Tone Plus, Booster and Shakti-Raj are high-grade tonic for optic nerves. Besides, magnesium-based herbal toothpowder Danta-Raj is extremely useful for optic nerves. Vision of eye, especially for children and teenagers greatly improves with better functioning of optic nerves.

It is interesting to know that majority of children and youngsters having moderate range of power can easily give up spectacles by improving the efficiency of optic nerves. Take 1-2 doses Bio-Tone Plus daily and half the quantity Booster for 1-2 years. Additionally take Shakti-Raj and Sugar-Tablet or Liv-Treat daily with food, brush your teeth with Danta-Raj toothpowder and apply Herbal Eye-Drop on your eyes on regular basis. Check your vision every 6 months interval – you will be sure to get improvement of your eyesight. Replace your existing spectacle immediately after improvement and get accustomed with the reduced power.

Above simplified process of giving up the spectacles is successful in most of the cases for children and youngsters.

**KNOW MORE FROM BOOK**



## TREATMENT OF DISEASES FOR LYMPH AND ENDOCRINE GLANDS

Lymph glands and lymph nodes play the most significant role in defensive mechanism or immunity system of the body. There are 500-600 lymph glands distributed throughout the body – it is the function of these glands by which the immune cells (lymphocytes) develop. These glands are the primary sites of defensive barrier to spread of illness such as infectious diseases, cancer, etc. Enlargement or malfunction of glands signifies illness of the body. Swelling of tonsils, pharyngitis, hypo or hyper thyroidism, spread of cancer – all have relevance to the functional deficiency of lymph glands.

Endocrine glands such as pineal gland, pituitary gland, thyroid gland, adrenal gland, liver and pancreas, kidney, ovary and testis, are closely related with lymph glands. These glands secrete hormones or associated with information signal network like hormones. We observe hormonal imbalance of body, when secretion from endocrine glands is in excess (hyper) or less (hypo). Often we find tumours growth (benign or malignant) of these glands.

Function of lymph glands and endocrine glands are complementary to each other – in fact function of one is dependent on the function of the other. In true sense all diseases ranging from simple fever or flu to serious and destructive diseases like Diabetes, Cancer, Tumour and AIDS – all are the outcome of functional disturbance of lymph and endocrine glands which is broadly termed as “immunity disorder” or “metabolic disorder”. In fact all serious and complicated diseases are due to metabolic disorder – therefore, it is better to correct the “metabolic disorder” to achieve fruitful result.

**KNOW MORE FROM BOOK**

## TREATMENT OF CANCER, BREAST AND UTERINE TUMOUR, ETC.

Cancer is categorized as destructive disease (like diabetes) – toxins spread gradually from the place of origin to the other parts of the body through the lymph nodes, which is the producer of immunity or lymphatic cells as well as carrier of waste or toxin. While treatment of cancer by genetic manipulation is of remote possibility, our treatment is based on conservative method only, by correcting the immune system of the body or metabolic disorder.

Bio-Tone Plus and Booster are effective remedy to take care of metabolic disorder. The requirement of dose depends on the severity of disease and varies from person to person – one may initially need large doses like 2-3 doses Bio-Tone Plus and 1-2 doses Booster 2-3 times in a day (i.e. total 10-12 doses) to counterbalance the disease force. Dose may be reduced after 2-3 months, depending on the improvement.

Supportive medicines for cancer must be taken regularly to correct the “metabolic disorder”:

### RECOMMENDED DIET FOR CANCER PATIENTS:

Foods of low nitrogen-content will be best suited. Low nitrogenous foods are carbohydrates. Avoid protein especially animal protein as far as practicable. Take plenty of vegetables. Take 2 chapattis each at breakfast, lunch and dinner – with sufficient vegetables and *Dal*. Note that light food like *Khoi* in Bengali is preferred instead of chapatti at the time of dinner.

Never eat full-stomach meal or dinner. Keep half or one-third of your stomach empty. Instead of taking more food, take more fruits and vegetables.

### Green Chlorophyll and Coloured Pigments:

Take plenty of juice of fresh coriander, *pujina* or similar type of leaves of green plants, leaves of wheat, lettuce, pumpkin, etc.; 1-2 full glass of juice daily, at morning in empty stomach. Sometimes juice of *Gulan* proves to be helpful. Take some amount of carrot, *dalim*, black grapes, watermelon, apple, tomato, pineapple or similar type of coloured fruits or vegetables, daily either in the form of salad or in the form of juice made in juice-making machine. Take 2-3 full glasses of the juice of coloured fruits in the morning in empty stomach, at least 1 hour before taking food. Slowly add some *Tulsi*-leaves or *Jaba*-flower or rose-flower in the above juice to enhance the quality of juice.

For cancer patients it is of high importance to take above mentioned juice from fresh green and coloured leaves, vegetable and fruits to supplement Bio-energy (Bioflavonoid) to the mitochondria of cells.

It is better to give-up conventional breakfast in the morning by taking 3-4 full glasses of mixed juice of green and coloured pigments, all in empty stomach. Note that one should avoid taking fruits or juice just after meals.

**KNOW MORE FROM BOOK**

## **TREATMENT OF OBESITY OR WEIGHT GAIN**

Obesity is considered to be foundation of many diseases like arthritis, high cholesterol, high pressure, diabetes, fatty liver disease, thyroid, infertility and so on – one may suffer from one or many diseases above mentioned. Generally habit of overeating, taking junk and un-hygienic food, lack of 'natural vitamins' and 'dietary fibers' and leading sedentary life are the main cause of obesity and gaining of weight – however in some cases genetic taint predominates.

Treatment of reduction of fat:

Though in true sense obesity depends on fat cell count of the body, the tendency to grow obese can be minimized by correcting the food habit along with intake of medicines for 'metabolic disorder'. Bio-Tone Plus and Booster are the important remedies for correction of lymphatic system, especially the lymph nodes. Take 1-2 doses Bio-Tone Plus and 1 dose Booster daily at least for one or two years. Medicines may however, be continued for the whole life, if desired.

Additionally take plenty of Bio-Herbs (4-5 spoons daily) to detoxify your system. This will also provide you 'natural vitamins' and 'dietary fibers', which are essential to retard the process of accumulation of fat. Besides, to correct the liver-function, take regularly Sugar-Tablet or Liv-Treat and Shakti-Raj along with the food once or twice daily. Brush with Danta-Raj herbal toothpowder to supplement magnesium in your body.

For obese people, it is essential to take low calorie but energetic diet. Take plenty of green chlorophyll and coloured pigments (bioflavonoid) such as raw juice of coriander leaves, green leaves of wheat, lettuce leaves, carrots, pineapple, watermelon and different types of fruits. Juice of pumpkin prevents accumulation of fat to a great extent.

By this way one can remain active and energetic by taking more of Bio-energy from green and coloured pigments, instead of taking Chemical-energy from our conventional food. Normally 500 Kcal to 1000 Kcal of bioflavonoid-enriched diet is sufficient to maintain your health without any adverse effect whatsoever. Initially you may feel bit uneasy, but after two or three weeks your stomach size will be reduced to normal and you will not feel unwanted feeling of appetite.

**KNOW MORE FROM BOOK**

## **DISEASE OF PANCREAS: DIABETES MELLITUS OR BLOOD SUGAR**

If greed for food cannot be controlled, treatment of diabetes becomes impossible. Diabetes is having genetic taint however, triggered by environmental factors like mental tension and wariness, obesity, overeating, eating of junk-foods containing preservatives, sedentary lifestyle, lack of physical labour, air and water pollution, excessive use of chemical fertilizer and pesticide in agriculture, and perhaps consumption of genetically modified foods. Whatever may be underlying cause, controlled diet with low calorie intake is the main treatment for the patients of diabetes.

Treatment:

It is mandatory to take Bio-Tone Plus and Booster for treatment of diabetes. Being a destructive disease in nature, one initially needs large doses of these two medicines, depending on the blood-sugar level. For example, one may need 1-3 doses Bio-Tone Plus and 1-2 doses Booster, to be taken twice daily – at the time of breakfast, lunch or dinner (total 6-10 doses daily). Medicines are to be taken at the time of taking food to exhibit the best result.

Along with the medicine, take 1-2 full glasses of juice of coriander leaves (or similar type of green leaves) and coloured fruits in empty stomach twice or thrice daily – in the morning and evening, at least half an hour before taking food. Alternatively take plenty of juice of pumpkin. Remember, you will not achieve good result without taking high doses of above medicines in combination with juice of green leaves (or coloured fruits) mentioned above.

### Recommended Diet:

Plenty of green chlorophyll and coloured pigments (bioflavonoid) must be taken from fresh green leaves, coloured vegetables and fruits. Avoid nitrogenous food, especially animal protein – this may appear to be contradictory, but the scientific reason is that the protein produces more ammonia, which becomes difficult to excrete from body. Reduce fat intake, instead add more vegetables in your diet. Diabetic patients must chew their food many times to ensure secretion of more saliva for digestion.

**KNOW MORE FROM BOOK**

## **TREATMENT OF LIVER (ENDOCRINE GLAND) IS THE BEST SOLUTION FOR CHRONIC STOMACH DISEASE**

Bio-Tone Plus and Booster are the deep-acting remedies for liver and should be taken for long period to exhibit their action. Initially take 1-2 doses Bio-Tone Plus and 1-2 doses Booster daily for 4-6 months, thereafter take maintenance dose in 2:1 or 1:1 ratio, preferably for the whole life.

Additionally, Sugar-Tablet or Liv-Treat and Shakti-Raj are the effective medicines for treatment of liver. Take Sugar-Tablet or Liv-Treat (8-10 tablets) and 1-3 caps Shakti-Raj along with food (breakfast, lunch or dinner) once or twice daily, as convenient. To supplement 'natural vitamins' and 'dietary fiber' take plenty of Bio-Herbs at bedtime or early in the morning with sufficient water. This will help direct detoxification i.e. expel of toxins from the body through soft stool. Do not take any purgative to remove habitual constipation – Bio-Herbs if taken regularly will slowly remove the tendency of constipation. Brush your teeth twice daily by Danta-Raj herbal toothpowder – this will ensure you bacteria-free mouth and oral hygiene.

Patients of chronic acidity and gas must use Danta-Raj fluoride-free toothpowder for whole life – it is mandatory to keep mouth bacteria-free. It is advised to chew food properly, taking of more vegetable food than non-vegetable stuff. Patients suffering from chronic dysentery will also be benefited from above

**KNOW MORE FROM BOOK**

## **JAUNDICE AND SPECIAL TREATMENT OF LIVER**

The effect of Jaundice or Hepatitis on liver is very serious – it disturbs the liver function. Repeated attack may result change of tissue-structure of liver. The affection on liver may be associated with fever. Under this condition, apply Bio-Tone Plus and Booster daily with multiple doses (say 2-3 doses each Bio-Tone Plus and Booster) at least for 2-3 months.

Depending on the severity of the disease, one may need about half packet each of Bio-Tone and Booster daily. In addition to above repeated doses of 'Fever-Cold' and 'Stomach-Stool' may be beneficial to accelerate the process of cure. Reduce the dose of medicine only after improvement is observed.

Supportive medicine Sugar-Tablet or Liv-Treat, Shakti-Raj, Bio-Herb and Danta-Raj must be taken to get better result.

Patients should take low-protein and low-fat diet and plenty of chlorophyll and coloured pigments (bioflavonoid) from green leaves and coloured vegetables and fruits.

**KNOW MORE FROM BOOK**

## **CONSTIPATION: A COMMON PROBLEM**

Constipation is a trouble or disease, which seriously disturbs the process of detoxification or expelling toxins from the body. Often constipation is associated with acidity, indigestion, gas, loss of appetite, chronic dysentery, bleeding piles and a number of serious diseases which affect general health of the patient.

Most of the people suffer from inactivity of bowel mainly caused due to lack of peristalsis of the rectum or large intestine due to weakness of nerves. The underlying cause is lack of dietary fiber, chronic diabetes, old age effect, etc.

Bio-Tone Plus and Booster should be taken (say 1 dose each type) daily on long term basis to remove weakness of nerves of the rectum.

Along with the above medicines, take plenty of Bio-Herb daily at bedtime to provide sufficient “dietary fiber” for formation of appropriate type of stool. Drink sufficient water in empty stomach in the morning. Patients having weakness of liver should also take Sugar-Tablet or Liv-Treat and Shakti-Raj on regular basis. Magnesium based Danta-Raj herbal toothpowder has also certain function to eradicate constipation – brush your teeth twice daily. All these medicines will also remove problem of acidity, gas, bleeding piles, etc. and enhance the digestive power of the stomach.

**KNOW MORE FROM BOOK**

## **TREATMENT OF BLEEDING PILES, FISTULA SURGERY IS NOT THE SOLUTION**

The outcome of chronic and prolonged constipation is piles and fistula – patients suffer from ulcer in rectum, blood comes out with stool and sometimes pus oozes out indicating development of fistula.

The existing treatment of Piles or Fistula is very disappointing – often patients are to undergo for surgical operation, sometimes even twice or thrice. The after-effect of surgery is equally disappointing – sometimes the problem of constipation becomes more due to damage of nerves responsible for peristalsis of the rectum.

Bleeding and constipation can be minimized by taking Bio-Tone Plus and Booster continuously on long term basis. Initially take 1-2 doses each Bio-Tone Plus and Booster for 2-3 months, thereafter take maintenance dose in 2:1 or 1:1 ratio. Take plenty of Bio-Herbs at bedtime or in the morning and take sufficient water. Additionally take Sugar-Tablet or Liv-Treat and Shakti-Raj at the time of taking your food. Use Danta-Raj herbal toothpowder twice daily to supplement magnesium in your body. In case of sensation of itching or feeling of rawness on your anus, apply few drops of concentrated lotion Multi-Care or dilute lotion Aqua-Fresh on anus.

**KNOW MORE FROM BOOK**

## **TREATMENT OF CARDIOVASCULAR DISEASE, TONIC FOR HEART**

Bio-Tone Plus and Booster are deep-acting remedy to restore harmony between nerve and liver. Initially take 1-2 doses each Bio-Tone Plus and Booster daily for 3-4 months, thereafter take maintenance dose in 2:1 ratio. It is better to continue the medicines for whole life.

Additionally, take 8-10 Sugar-Tablet or Liv-Treat tablets and 1-3 caps Shakti-Raj at the time of lunch or dinner, to improve the function of liver. Take plenty of Bio-Herbs to expel toxins accumulated in the body due to pollution from air, water, food and other external or internal factors. Brush your teeth twice daily by Danta-Raj herbal toothpowder, which will also supplement magnesium in your body.

Take sufficient quantity of chlorophyll and coloured pigments (bioflavonoid) to upgrade the function of lymphatic system or the lymph glands. Green leaves, coloured vegetable and fruits (in un-cooked condition) are the main source of chlorophyll and bioflavonoid. Make habit of taking 3-4 glasses of juice containing green chlorophyll and coloured pigments. Juice of fresh pumpkin is also very much effective in heart disease. Such juices should always be taken in empty stomach, and not after food. Take more vegetables, low nitrogenous diet (i.e. less protein) and oils. Do not overeat – always keep 1/3<sup>rd</sup> of your stomach empty. Reduce mental pressure by leading a simple and pious life by keeping faith in Almighty, as far as practicable.

**KNOW MORE FROM BOOK**

## **TREATMENT OF ECZEMA, ITCHING OF SKIN, FALLING OF HAIR**

Bio-Tone Plus and Booster are the powerful medicines for all types of skin diseases. These two medicines have capability to purify blood and activate the glands to drain out excess toxins from the body. Take 1-2 doses of Bio-Tone Plus daily and half the quantity Booster on long term basis to get satisfactory result.

Sugar-Tablet or Liv-Treat and Shakti-Raj are also high grade medicines to maintain purity of blood. Take 8-10 Sugar-Tablet or Liv-Treat tablets and 1-3 caps Shakti-Raj daily during food (breakfast, lunch or dinner) on regular basis. Take plenty of Bio-Herbs (4-5 spoons) at bedtime or in the morning to directly expel the toxins accumulated in the blood, by process of detoxification. On the affected area, apply Multi-Care or Aqua-Fresh herbal lotion to subside itching of the skin. Intake of Fever-Cold in repeated doses also helps subsiding itching sensation of the skin.

For hair-fall due to dandruff, herbal bath with Multi-Care or Aqua-Fresh must be taken in addition to internal treatment for purification of blood. Temporarily stop using common soap or shampoo and clean your head with herbal *Ritha*-soaked water. Add plenty of green leaves (chlorophyll) and coloured fruits in your daily diet. Remember, fair-fall can be easily prevented with internal medicines and appropriate diet.

[KNOW MORE FROM BOOK](#)

## **TREATMENT OF PSORIASIS OF COMPLICATED TYPE**

It is not difficult to cure Psoriasis in our system of treatment. Take 1-2 doses each Bio-Tone Plus and Booster daily on regular basis – the deep acting drugs for all types of skin disease. Continue the medicines at least for 1 or 2 years.

Detoxify the accumulated toxins of your blood directly by Bio-Herb, to be taken plenty (4-5 spoons) at bedtime or in the morning. Take sufficient water in empty stomach in the morning. Toxins will come out of your body through soft stool and the blood will be thus purified. In addition take Sugar-Tablet or Liv-Treat and Shakti-Raj in combination regularly, to be taken twice daily during food. Apply Multi-Care herbal lotion on the affected area of the skin to subside sensation of itching.

For patients of Psoriasis, it is mandatory to take sufficient amount of green chlorophyll and coloured pigments (bioflavonoid), available from green leaves, colour vegetables and fruits.

[KNOW MORE FROM BOOK](#)

## **CHRONIC COLD AND COUGH, CHRONIC AND ACUTE BRONCHITIS, PNEUMONIA**

Depending on the severity, initially take Bio-Tone Plus and Booster in large doses for 2-3 days. Take these two medicines repeatedly – you may need 4-5 doses of each type of medicine daily to overcome the problem. After the acute phase is over or feeling of rawness of your chest or throat goes away, take maintenance dose of these two medicines (say 1-3 doses Bio-Tone Plus and 1 dose Booster) for few days. In case of spasmodic cough due to throat infection, which is more of nervous origin, frequent doses of Fever-Cold or few drops Multi-Care may exhibit good result to subside the irritation within a short time.

For old people, it is better to continue 1-2 doses Bio-Tone Plus daily and one-third the quantity Booster on regular basis for the whole life to keep their nervous system active, along with the protection of lung from infection, cough and phlegm.

Remember, Bio-Tone Plus is the wonderful medicine for all types of respiratory or lung problem. Take repeatedly when you are in crisis.

[KNOW MORE FROM BOOK](#)

## **PULMONARY DISEASE IN INDUSTRIAL AND URBAN AREA**

People in industrial area, residing at the vicinity of coal mines or stone-crushing factories are subjected to serious pollution from dust or silicon. As a result, their alveoli get closed in many places of the lung which may lead to feeling of suffocation. Sometimes they become sufferer of chronic cold and cough, which becomes difficult to cure.

People residing in urban area also suffer from air pollution, ranging from mild to high grade – many of them suffer from cold and cough throughout the year, especially during the change of weather. This is particularly marked for old people – generally they face difficulty to expel the phlegm due to sluggishness of nerves.

Bio-Tone Plus and Booster are the medicines to eradicate all respiratory problems. Select the dose of medicine as per the severity of the problem; say 1-3 doses Bio-Tone Plus daily and one-third the quantity Booster. However, it is better to continue the maintenance dose of medicine for whole life.

[KNOW MORE FROM BOOK](#)

## **ASTHMA, BRONCHIAL ASTHMA**

The main cause of asthma is prolonged sufferings from cough and cold, susceptibility to catch cold, intake of adulterated food, allergy from dust, etc. People residing in urban area or industrial belt are subjected to high-grade of air pollution, often toxic gases like ammonia, sulphur dioxide, carbon monoxide and especially fine dust of silicon or carbon. Persons sensitive to air pollution, are generally become victim of asthma.

Bio-Tone Plus and Booster are high-grade remedy for treatment of asthma. Depending on the severity or frequency of attack, take regularly Bio-Tone Plus and Booster, say 1-3 doses Bio-Tone Plus and one-third the quantity Booster daily, and continue the medicines over a long period, preferably for lifelong.

By this way immunity against dust and cold will be developed slowly to resist the asthmatic attack. Sometimes it is beneficial to take repeated dose of Fever-Cold during attack of asthma. Additionally take General medicines (Sugar-Tablet or Liv-Treat, Shakti-Raj, Bio-Herb and Danta-Raj) to accelerate the process of cure. Asthmatic patients should take sufficient green chlorophyll and coloured pigments (bioflavonoid) to develop more immunity of their body.

[KNOW MORE FROM BOOK](#)

## **TREATMENT OF ARTHRITIS, JOINT PAIN, GOUT, FROZEN SHOULDER**

Taking of adulterated food, incomplete treatment after bone injury, long use of fluoride-mixed tooth-cleaning items from childhood, weakness of liver and digestive system, chronic constipation, problem of acidity and gas, wastage of bone-calcium during menopause, etc. are the root causes of arthritis and joint pain. Arthritis is a sort of metabolic disorder – prolonged use of pain-relieving medicines, sometimes makes the case more complicated.

### Treatment:

Bio-Tone Plus and Booster are the high-graded medicines for all types of arthritis. Initially take 1-3 doses each Bio-Tone Plus and Booster daily for 2-3 months, thereafter take maintenance dose in 2:1 or 1:1 ratio. These medicines will take care of joint pain and rigidity of muscle. Aged persons generally suffer from multiple problems – for them it is always better to continue these two medicines for whole life.

Besides, to clean blood and protection against gout resulting from high uric acid, take Shakti-Raj and Sugar-Tablet or Liv-Treat for the whole life. Apply Multi-Care lotion on the painful area. For constipation and rapid detoxification of toxins from the body, take plenty of Bio-Herb 1 or 2 at bedtime and drink sufficient water in the morning in empty stomach to expel toxins from body through soft stool. Females will get sufficient nutrition of muscles and bones from above medicines, which will prevent them from osteoporosis during their menopausal period. Patients of arthritis must use fluoride-free Danta-Raj herbal toothpowder twice daily for whole life – it is also essential to make mouth bacteria-free.

[KNOW MORE FROM BOOK](#)

## **TREATMENT OF ARSENIC POISONING**

Main source of arsenic poisoning is shallow tubewell water. Due to extensive use of underground water for agriculture and irrigation in our country, the water-level gradually goes down – as a result, concentration of arsenic in water increases. When the percentage of arsenic in water crosses tolerable limit, the water is said to be poisonous for human use. Similarly, in big cities, large amount of water is pumped out from underground for drinking purpose. Thus the groundwater level goes down and we face arsenic poisoning.

### Treatment:

If itching is noticed on the body, apply Sonali antiseptic cream or Multi-Care herbal lotion immediately on the affected area of the skin – the itching will be subsided within a few days. Take repeatedly Bio-Tone Plus and Booster in combination as internal medicine for treatment of arsenic poisoning. In addition to above, take Fever-Cold frequently, even at 5 to 10 minutes interval to make subside the violent itching on the skin. Take Aqua-Fresh herbal bath for external protection of skin.

Take plenty of Bio-Herb (Nos. 1 or 2) for detoxification of toxins resulting from arsenic poisoning. Herbs must be taken in large doses (5-6 spoons daily) to expel the accumulated toxin from the body through loose motion. It is better to take Shakti-Raj tonic and Sugar-Tablet or Liv-Treat, in addition to above medicines.

[KNOW MORE FROM BOOK](#)

## **TREATMENT OF FLUORIDE POISONING**

The fluoride poisoning, like arsenic poisoning, is seen in various regions in India. A little quantity of fluoride is always present in water. Besides, cheap varieties of tooth-cleaning items are the main sources of fluoride contamination. Everybody knows that fluorine is the most reactive element – it rapidly makes reaction with Calcium present in bones. Erosion takes place in bones, especially in the joints – as a result density of bone decreases and thus creates osteoporosis disease. In fact the underlying cause of all types of erosion of bones such as arthritis, osteoarthritis, waist-pain, spondylitis, slip-disk, decaying of tooth, etc. are the direct or indirect effect of Fluoride poisoning.

### Treatment:

Specific treatment of fluoride poisoning is not known. But for preventive treatment, non-fluoride herbal toothpowder Danta-Raj must be used for the whole life. Take 2-3 doses Bio-Tone Plus daily and half the quantity Booster to combat with fluoride poisoning. These two medicines are very effective to reduce pain of bones, especially the joints and maintenance dose should be continued for whole life. Take plenty of Bio-Herb (No. 1 or 2) at bedtime and drink sufficient water in the morning in empty stomach to expel accumulated toxins from body through soft stool.

[KNOW MORE FROM BOOK](#)

## **TREATMENT OF OLD AGE PROBLEMS (GERIATRIC DISEASE)**

Most of the old people suffer from three major problems – disease of respiratory system like persistent cold and cough, pneumonia, etc., disease of nervous system like general weakness, forgetfulness, or shortage of memory, Parkinson's disease and disease of digestive system such as indigestion, acidity and gas. All these problems are part and parcel of the old age, especially the persistent cold and cough, which becomes difficult to cure in old age.

Don't worry – there may be hundreds of problems in old age, but we especially look into the protection of nerves, glands and vital organs of the body – thus minimizing your problems at the old age. Take 1-2 doses Bio-Tone Plus daily and one-third the quantity Booster in the old age to minimize the old-age problems. Take Sugar-Tablet or Liv-Treat and Shakti-Raj at the time of food to reduce the stomach problems. Take plenty of Bio-Herbs containing 'natural vitamins' and 'dietary fiber' and drink sufficient water to get rid of old-age constipation. Use Danta-Raj twice daily to supplement magnesium and ensuring bacteria-free mouth.

Minimize your intake of food, especially protein – instead take more carbohydrate, vegetables and fruits. Green chlorophyll and coloured pigments (bioflavonoid) will enhance your life force to a great extent.

[KNOW MORE FROM BOOK](#)

## **TREATMENT OF CHILDREN'S DISEASES (PEDIATRIC DISEASES)**

Diagnosis of disease of children is comparatively difficult because they cannot express their problems to the doctors. Especially infants and babies who have not yet learned to speak require elaborate checking by doctors to find out the problem – therefore, there is every possibility of incorrect diagnosis. Moreover, we find difficulty to find out the appropriate medicine as well as the dose of the remedy.

Bio-Tone Plus and Booster are the leading medicines for all types of fever, cold, cough, tonsillitis, pharyngitis, skin disease and so on. Depending on the severity, apply the medicines repeatedly (say 2-3 doses each type) to achieve cure in shortest time. These two medicines will also boost up defense mechanism of your children to a great extent. If you do not have these medicines with you, apply at least 'Fever-Cold' liquid medicine, which will also work efficiently to do away the problems of your child.

Children often get injured (blow or bleeding) while playing with their friends. Don't worry – apply Multi-Care pain-relieving and antiseptic lotion or Sonali herbal antiseptic cream, whichever you have in your stock. In case of bleeding from cuts or wounds, apply the same lotion or cream and give Fever-Cold or Bio-Tone Plus or Booster as internal medicine.

**KNOW MORE FROM BOOK**

## **TREATMENT OF FEMALE DISEASES (GYNECOLOGICAL PROBLEMS)**

During puberty, majority of our little sisters suffer from painful menstruation (dysmenorrhoea) and do not visit doctors due to their shyness. On the other hand, our aged mothers suffer from array of problems during their menopause – many of them suffer from leucorrhoea, excessive bleeding (menorrhagia), irregular menstruation, flashing sensation at different parts of the body and osteoporosis due to wastage of calcium of the body. Nowadays diseases like tumour or polyp in uterus or swelling of lymph node of the breast have become so common that many of them have to undergo surgical treatment, because they cannot avail suitable treatment in time, due to many reasons.

Bio-Tone Plus and Booster are the deep-acting medicines for all types of gynecological disorders. Initially take 1-2 doses each Bio-Tone Plus and Booster daily for 2-3 months, thereafter take maintenance dose in 2:1 or 1:1 ratio. Medicines should be taken for a year or so to overcome the problem. Aged women having many other problems should continue the medicines for whole life. Additionally take plenty of Bio-Herbs to detoxify and to provide "natural vitamins" and "dietary fiber" in your body. Remember, Bio-Herbs are extremely useful to prevent osteoporosis and tumours of glands such as tumours of uterus or breasts. Take 1-3 caps Shakti-Raj regularly to prevent cancerous tendency on any part of your body. Take 5-6 Sugar-Tablet or Liv-Treat tablets for digestive problems and use Danta-Raj herbal toothpowder to supplement magnesium in your body.

**KNOW MORE FROM BOOK**

## **CRISIS MANAGEMENT AND TREATMENT AT HOME**

If the disease is not surgical, treatment in most of the cases is simple in our system – take the medicines blindly without scratching your head. For convenience and ready reference, note the following applications of medicines in acute conditions:

High fever, Fever of unknown type, Flue, Swelling of Glands, Severe Throat Pain:

Take Bio-Tone Plus and Booster repeatedly – you may have to consume 1 packet each on the very first day. Take maintenance dose after the crisis stage is over.



Bleeding due to Cuts from Sharp Instrument or Knife:

Apply Multi-Care antiseptic, antibacterial and antifungal herbal lotion. Alternatively apply Sonali antiseptic herbal cream to stop bleeding. Bandage the affected area if there is excessive bleeding. To eradicate the possibility of getting tetanus, take Bio-Tone Plus or Booster or Fever-Cold 4-5 times in a day and continue the medicine for a week. Both Multi-Care and Sonali are excellent medicines for quick-healing of wounds after surgical operations.

Blow or Injury on Head, Severe Headache, Migraine, Vertigo:

For all types of head-related problems, take few doses of Bio-Tone Plus and Booster (say 4-6 doses of each type) at 10-15 minutes interval. After the crisis period is over, take maintenance dose.

Burns and Bites of Poisonous Insects such as Bees, Wasps :

Apply Sonali antiseptic cream on affected area. Alternatively apply Multi-Care antiseptic lotion. If possible, take Fever-Cold liquid repeatedly at 5-10 minutes interval.

Painful Swelling of Gum, Toothache, Bleeding of Gum:

Apply Multi-Care antiseptic lotion at least 5-6 times in a day on the painful area. Brush with Danta-Raj herbal toothpowder twice or thrice daily. Take 4-5 doses of Bio-Tone Plus to subside the pain in shortest time.

Severe Bleeding of Piles, Fistula, Blood Dysentery:

Take 8-10 Sugar-Tablet or Liv-Treat tablets 2-3 times in a day. Few doses of Bio-Tone Plus and Booster (say 3-4 doses each type) will be very much helpful to stop bleeding and reduce pain. Repeated dose of Stomach-Stool liquid is also helpful. For chronic constipation take plenty of Bio-Herbs and drink sufficient water in empty stomach. For fistula take Bio-Tone Plus and Booster on regular basis. For itching sensation of anus apply Multi-Care antiseptic lotion. Shakti-Raj also proves to be beneficial in bleeding of piles.

Conjunctivitis, Pain, Rawness of Eye, Sensitive to light:

Apply herbal Eye-Drop few times at 5-10 minutes interval. In addition to above internal medicine Bio-Tone Plus and Booster (say 2-3 doses each type for few days) is also very much helpful to get relief from crisis. Alternatively mix 10-15 drops MULTI-CARE or 3-4 droppers AQUA-FRESH lotion in a glass or cup of water and wash your eyes; you will get the same result of eye-drop. Direct application of 1 or 2 drops MULTI-CARE or AQUA-FRESH on eyes is also recommended as a good alternative to eye-drop.

**KNOW MORE FROM BOOK**

## **TREATMENT OF PATIENTS SUFFERING FROM ARRAY OF MULTIPLE OR COMPLEX DISEASES**

After the age of 35-40 years, we generally find patients are suffering from multiple diseases. These patients at their earlier age, might have suffered from one or two diseases, but time comes when they become victim of a group of chronic diseases such as acidity, indigestion, gas, fatty liver disease, arthritis, high uric acid, high blood pressure, high cholesterol, hypo or hyper thyroidism, chronic cold and cough, skin disease, neurological problems and so on. If the patient is female, she might have additionally developed pre-menopausal or post-menopausal problems such as erratic sensation of flashing of nerves, abdominal pain due to excessive or scanty bleeding, leucorrhoea, tumour on uterus, etc. Also there is a high chance of getting osteoporosis due to excessive loss of calcium during menopause.

How to treat these type of patients, who are suffering from multiple or array of diseases? As per the prevailing practice, the patients are generally treated in accordance with symptom or the disease. But in our system of treatment, patients need not take in account the symptoms or problems. The reason behind our treatment is

based on correction of “metabolic disorder” only. You need not therefore, think of individual problem – consider the body as a whole unit and apply the medicines.

**List of medicines used for treatment of multiple or complex diseases:**

<b><u>Sl. No.</u></b>	<b><u>Medicine with reason of application</u></b>	<b><u>Special Benefit</u></b>
1)	<u>Compulsory medicines for nerve, gland and blood:</u>  Bio-Tone Plus and Booster (use both the medicines)	: Medicine will take care of nerve, lymph and blood (acts on nerves, glands and all organs of the body). These two medicines will cover about 60% of the whole problems – essential remedies to overcome the crisis. Refer Table-I for evaluation.
2)	<u>Medicines for better assimilation of food and nutrients:</u>  Sugar-Tablet or Liv-Treat and Shakti-Raj	: Action of Sugar-Tablet or Liv-Treat is on digestive system and liver. Shakti-Raj acts on blood and digestive system. High importance should be given to correct liver-function.
3)	<u>Medicines for Detoxification and supplementing Dietary fiber:</u>  Bio-Herb (Nos. 1 & 2)	: Excellent medicine for direct detoxification. Provides natural vitamins and dietary fibers. Accumulation of toxin in body and lack of dietary fiber are the root cause of disease.
4)	<u>Medicines for bacteria-free mouth, Skin-care and Eye-care:</u>  Danta-Raj herbal toothpowder and herbal Eye-Drop	: Danta-Raj and Multi-Care are for bacteria-free mouth and teeth, essential for minimizing stomach problems. Aqua-Fresh is for skin-care, protects from skin disease. Eye-Drop is to protect eye from external pollution (dust and microwaves).
5)	<u>Bioflavonoid:</u>  Green chlorophyll and coloured pigments of the Nature	: Always shows great improvement in complex type of diseases. Take plenty of green leaves and coloured fruits in un-cooked condition, especially in cancer, diabetes and cardiovascular disease.

**KNOW MORE FROM BOOK**

## **ROLE OF SURGERY IN TREATMENT OF CERTAIN DISEASES**

Most of the people have wrong idea that surgery is not a part of Ayurvedic system of medicine. Almost all of us think that we do not advocate or acknowledge the importance of surgery as a part of treatment in Ayurveda. This type of wrong idea has been promulgated amongst us perhaps because the surgery is conducted by allopath doctors only mainly in hospitals where non-surgical treatments are also conducted by allopath doctors.

Going insight about surgery, one must keep in mind that surgery was introduced for the first time in the world by *Charak* and *Sushruta* through Ayurveda system of medicine. Gradually the instruments and methodology of surgery has been upgraded from time to time. In ancient time primitive instruments were in use, whereas in 21<sup>st</sup> century computerized operation with robotics has been introduced. The advancement of surgery has been made possible due to dedicated research by many scientists and engineers working throughout the world. In fact surgery is a group-activity of scientists, engineers and doctors – it is altogether a different approach or system of treatment, it comes neither in homeopathy, nor in ayurveda or allopathic system of medicine.

Surgery is therefore, altogether a different subject, originally founded by *Charak* and *Sushruta*, which has got no relation with medicinal cure – though we have wrong idea that it is a part of allopathic system. The fact is that surgery is a common subject for all branches of medicines; it may be homeopathy, allopathic or ayurveda. Therefore, our traditional thoughts should be amended accordingly.

Don't hesitate to avail the benefit of modern surgery – the system which was originally founded by *Charak* and *Sushruta*!

**KNOW MORE FROM BOOK**

## IMPORTANCE OF PATHOLOGICAL OR LABORATORY TEST

Though we have not elaborated any pathological or laboratory tests, it should not be misinterpreted that we are not in favour of doing any test to diagnose the nature of disease. In fact where necessary, patients must undergo pathological tests. For example, a patient of skin disease will not respond well if he or she is diabetic or having Blood sugar. Therefore, in this case it is mandatory to test for blood sugar and the patient must take medicine in accordance with the treatment of diabetes. Similarly a patient of cardiovascular disease must undergo tests for lipid profile and ECG without which the treatment remains incomplete.

A list of common pathological and laboratory test has been given below for the convenience and ready reference to our patients:

<b>Sl. No.</b>	<b>Fundamental or Basic Test</b>	<b>Remark</b>	<b>Normal value</b>
1)	Blood Sugar (Fasting)  Blood Sugar (PP)	Check once at least in a year. Check periodically, if diabetic.  Necessary if Blood sugar level (Fasting) crosses the limit	80-100 mg/dl  100-140 mg/dl
2)	Blood Test for TC, DC, ESR, Hb%	Everybody should check once	Check w.r.t. normal limits
3)	Blood Pressure (Systolic and Diastolic)	Everybody should check once	Systolic < 120 mmHg  Diastolic < 80 mmHg
4)	Glycosylated Haemoglobin (HbA1c)	Diabetic patients should check once in 6-8 months	Upto 7%
5)	Lipid Profile	Everybody should check once	Preferred LDL/HDL Ratio = Upto 3.0
6)	Electrocardiogram (ECG)	Everybody should check once	Note the defect, if any
7)	T3, T4 and TSH	May be checked if indicated like weakness, lethargy, palpitation, hair loss, etc.	TSH = 0.3 to 3.0 mu/L
8)	Ultrasonography (USG) of whole abdomen	If indicated like pain in abdomen, menstrual problem, chronic gastritis or hyperacidity	Note the defect, if any. May indicate surgical treatment
9)	Blood Test for Uric Acid	For Arthritis Patients	Normal = 3.0 - 7.0 mg/dl
10)	Liver Function Test	Specially indicated in Jaundice	Jaundice if total bilirubin exceeds 1.5 mg/dl

Blood Sugar and Lipid Profile Test may be termed as “Basic tests” which must be done by all of our patients especially who are above 30 years of age. If diabetes is detected, frequent test for Blood sugar is required along with intake of medicines, till the sugar-level comes down to normal.

[KNOW MORE FROM BOOK](#)

## **TIPS FOR TREATMENT OF PET ANIMALS AND BIRDS**

Animal lovers will be glad to know that our medicines are equally effective for keeping health of pet animals like cows, goats, dogs, etc. and pet birds like parrots, colourful birds, ducks, chicken, etc. All these creatures need not be fed with traditional medicines and artificial vitamins for treatment of their diseases, as well as for maintenance of their health.

During sickness of the pets, simply give few doses of “Booster” medicine by mixing it with their food or drinking water. Pets, animals or birds should be fed with few doses of “Bio-Tone Plus” in addition to above for weakness of nervous system.

These two multifarious medicines, if given occasionally and periodically (say once or twice in a week), will correct their metabolic disorder in a similar way as human being, and will help to maintain health of the pets.

[KNOW MORE FROM BOOK](#)

## **GENETIC RELATIONSHIP BETWEEN DISEASE AND LONGEVITY**

The human genome is stored on 23 pairs of chromosome and contains about 20,000 distinct genes. Human biology involves both genetic (inherited) and non-genetic (environmental) factors. In other words genetic disorders cause disease in combination with environmental factors such as lifestyle, diet and pollution. Genetic disorder may be associated with a single gene or multiple genes. In fact all diseases like diabetes, cardiovascular disease, cancer, asthma, migraine, schizophrenia, sickle cell anemia, retinitis pigmentosa, obesity, etc., have direct relationship with defective gene in the chromosome.

Another cause of the disease is associated with the length of the protective cap (telomeres) at the end of chromosome. Shorter telomeres cause poor health condition and aging. Special enzyme (telomerase) retards shortening of telomeres and prevents cell undergoing ageing effect. Shortening of telomere is an irreversible process. This explains why certain diseases are not curable unless gene therapy is adopted (unfortunately this therapy is still under primitive stage). While longevity or life-span depends on genome coding of an individual, the length of telomere denotes the condition of health with respect to chronological age.

### **Conclusion:**

In spite of the predominance of genome-coded life-span, our aim is to maintain the favorable condition of telomere-repairing enzyme i.e. telomerase. Bio-force stored in green chlorophyll and coloured pigments (bioflavonoid) can surprisingly keep telomerase enzyme more energetic to perform its duty, thus reducing risk or intensity of disease. Therefore, the keyword of health is “add more chlorophyll and coloured pigments” of nature in your daily life.

[KNOW MORE FROM BOOK](#)

# CHAPTER-4: DISEASE VS MEDICINE

## EASYMEDICINE

### QUICK REFERENCE OF MEDICINES FOR DISEASES

#### SEVERE TYPE OF VERTIGO

BIO-TONE PLUS (NORMALLY 2 DOSES/ DAY) + BOOSTER IN ABOUT 3:1 RATIO  
ADDITIONALLY TAKE SHAKTI-RAJ & SUGAR-TABLET OR LIV-TREAT DAILY

#### OLD AGE PROBLEM, WEAKNESS OF NERVES

BIO-TONE PLUS & BOOSTER IN ABOUT 3:1 RATIO  
ADDITIONALLY TAKE SHAKTI-RAJ & SUGAR-TABLET OR LIV-TREAT REGULARLY

#### PREVENT LOSS OF MEMORY IN OLD AGE

BIO-TONE PLUS & BOOSTER IN ABOUT 3:1 RATIO  
ADDITIONALLY TAKE SUGAR-TABLET OR LIV-TREAT & SHAKTI-RAJ REGULARLY

#### SEVERE, UNBEARABLE PAIN OF NERVES

APPLY BIO-TONE PLUS REPEATEDLY AT 15-20 MINUTES INTERVAL TILL CRISIS PERIOD  
IS OVER (PAIN MAY BE ANYWHERE IN THE BODY)

#### SEVERE COUGH, BRONCHITIS, VIRAL FEVER

BIO-TONE PLUS + BOOSTER 4-5 DOSES EACH TYPE REPEATEDLY  
ON THE VERY FIRST DAY AND THEREAFTER  
MAINTENANCE DOSE FOR FEW DAYS

#### SMOKERS' COUGH & CONGESTED LUNG

COUGH, PHLEGM & DUST ALLERGY EVEN ASTHMATIC TENDENCY  
TAKE BIO-TONE PLUS & BOOSTER  
IN ABOUT 3:1 RATIO ON REGULAR BASIS

#### CHILDREN'S COMMON PROBLEMS, FEVER, COUGH, TONSILLITIS

BIO-TONE PLUS & BOOSTER. FEVER-COLD, STOMACH-STOOL,  
SHAKTI-RAJ AND SUGAR-TABLET OR LIV-TREAT AS APPLICABLE

#### CHILDREN'S HEALTH TONIC & MEMORY

BIO-TONE PLUS & BOOSTER (FOR GENERAL HEALTH, MEMORY & IMMUNITY) + SHAKTI-  
RAJ (FOR LIVER & EYE) + SUGAR-TABLET OR LIV-TREAT (FOR BILE) + BIO-HERBS (FOR  
DETOXIFICATION) + DANTA-RAJ (ORAL HYGIENE)

#### HIGH GRADE TONIC FOR PREGNANT MOTHERS

BIO-TONE PLUS & BOOSTER IN ABOUT 2:1 RATIO (FOR GENERAL HEALTH  
AS WELL AS FOR BABY'S IMMUNITY) + SHAKTI-RAJ &  
SUGAR-TABLET OR LIV-TREAT (AFTER FOOD) + BIO-HERBS + DANTA-RAJ

#### ACIDITY, GAS, FATTY LIVER DISEASE

BIO-TONE PLUS & BOOSTER + SHAKTI-RAJ & SUGAR-TABLET OR LIV-TREAT (AFTER  
FOOD) + BIO-HERBS (TAKE PLENTY) + DANTA-RAJ (ORAL HYGIENE)

<b>DIARRHOEA, WATERY STOOL, VOMITING</b>
SHAKTI-RAJ & MULTI-CARE MIXED TOGETHER IN WATER ALTERNATELY TAKE STOMACH-STOOL IN REPEATED DOSES

<b>BLEEDING PILES, FISTULA, CONSTIPATION</b>
BIO-TONE PLUS & BOOSTER IN 2:1 OR 1:1 RATIO + SHAKTI-RAJ & SUGAR-TABLET OR LIV-TREAT (AFTER FOOD) + BIO-HERBS (TAKE PLENTY FOR NATURAL VITAMINS & FIBERS) + DANTA-RAJ (BRUSH TWICE DAILY)

<b>ARTHRITIS, OSTEOARTHRITIS, GOUT</b>
BIO-TONE PLUS & BOOSTER IN 2:1 OR 1:1 RATIO + SHAKTI-RAJ SUGAR-TABLET OR LIV-TREAT (AFTER FOOD) + BIO-HERBS (TAKE PLENTY FOR DETOXIFICATION) + DANTA-RAJ (BRUSH TWICE DAILY) + MULTI-CARE (FOR PAIN)

<b>BLEEDING &amp; SWELLING OF GUM, TOOTHACHE</b>
APPLY MULTI-CARE REPEATEDLY AND BRUSH TWICE OR THRICE DAILY WITH DANTA-RAJ TOOTHPOWDER

<b>CUTS (BLEEDING), BURNS, INSECT BITE</b>
APPLY SONALI ANTISEPTIC CREAM (EXTERNAL APPLICATION ONLY) + INTERNALLY TAKE FEVER-COLD 4-5 TIMES DAILY FOR 5-6 DAYS ALTERNATIVELY APPLY MULTI-CARE ANTISEPTIC LOTION

<b>INCREASE LONGEVITY &amp; AVIOD SURGERY</b>
BIO-TONE PLUS & BOOSTER IN 3:1 RATIO (TAKE LIFELONG) + SHAKTI-RAJ & SUGAR-TABLET OR LIV-TREAT (AFTER FOOD) + BIO-HERBS (TAKE PLENTY) + DANTA- RAJ (BRUSH TWICE DAILY) + EYE-DROP OR MULTI-CARE

<b>PREVENT DISEASE BY NATURAL MEDICINE</b>
TAKE PLENTY OF GREEN CHLOROPHYLL AND COLOURED PIGMENTS AVAILABLE FROM GREEN LEAVES, COLOURED FRUITS AND NON-TOXIC COLOURED FLOWERS. THESE ARE THE WONDERFUL MEDICINES OF NATURE.

KNOW MORE FROM BOOK

## CHAPTER-5: CHARTS AND TABLES

**TABLE-I**  
**GUIDELINE OF TREATMENT FOR COMPLICATED OR COMPLEX DISEASES**

GROUP	MEDICINE	RELATIVE VALUE OF MEDICATION
<b>GROUP – I</b>	REMEDY FOR NERVES, GLANDS AND VITAL ORGANS (KEEPS NERVES, GLANDS & ORGANS ACTIVE)  <b>MEDICINE GROUP – I</b> <b>BIO-TONE PLUS (Triple)</b>	EFFECT 60%

	<b>BOOSTER</b> (Take both medicines on regular basis)	
<b>GROUP – II</b>	REMEDY FOR DIGESTIVE SYSTEM (IMPROVES METABOLIC FUNCTION)  <b>MEDICINE GROUP – II</b> <b>SUGAR-TABLET OR LIV-TREAT</b> <b>SHAKTI-RAJ (HONEY MIXED)</b> (Take both medicines after food)	EFFECT 10%
<b>GROUP – III</b>	REMEDY FOR DIRECT DETOXIFICATION (EXPELS TOXINS FROM BODY)  <b>MEDICINE GROUP – III</b> <b>BIO-HERB NO. 1</b> <b>BIO-HERB NO. 2</b> (Take one type for few days, then alternate)	EFFECT 10%
<b>GROUP – IV</b>	REMEDY FOR MAGNESIUM DEFICIENCY (SUPPLEMENTS MAGNESIUM IN BODY)  <b>MEDICINE GROUP – IV</b> <b>DANTA-RAJ</b> <b>(HERBAL TOOTHPOWDER)</b> (Brush twice daily)	EFFECT 5%
<b>GROUP – V</b>	INTAKE OF BIO-ENERGY (ENHANCES ACTIVITY OF MITOCHONDRIA OF CELL)  <b>BIO-ENERGY (BIOFLAVONOID) GROUP – V</b> <b>GREEN CHLOPHYLL OF NATURE</b> (FROM FRESH CORIANDER LEAVES OR SIMILAR TYPE OF GREEN LEAVES) <b>COLOURED PIGMENTS (BIOFLAVONOID) OF NATURE</b> (FROM CARROT, BLACK GRAPES OR SIMILAR TYPES OF COLOURED FRUITS OR NON-TOXIC COLOURED FLOWERS) (Take plenty in empty stomach)	EFFECT 15%

**SUM TOTAL OF RELATIVE MEDICATION VALUE = 100%**  
**MULTIPLY BY INDEX FACTOR (MAXIMUM VALUE = 1) TO GET COMPLETE MEDICATION VALUE**

**KNOW MORE FROM BOOK**

## TABLE-II GUIDELINE OF TREATMENT FOR INFANTS AND CHILDREN

DISEASE	MEDICINE	DIRECTION OF USE
<b>Fever of all types</b>	<b>First choice:</b> 1) Bio-Tone Plus (Triple) 2) Booster <b>Second choice:</b> 3) Fever-Cold 4) Stomach-Stool	a) Take Bio-Tone Plus & Booster repeatedly in alteration (say 2-3 doses each daily).  b) Take Fever-Cold & Stomach-Stool repeatedly in alteration.
<b>Diarrhea, Dysentery, Watery Stool, Vomiting, Indigestion</b>	<b>First choice:</b> 1) Shakti-Raj & Multi-Care mixed together in water and take frequently. <b>Second choice:</b> 2) Stomach-Stool	a) Mix 8-10 caps Shakti-Raj & 5-6 droppers Multi-Care medicine in a glass of water and take frequently. b) Take Stomach-Stool repeatedly. c) In case of stomach problem with fever, take Fever-Cold & Stomach-Stool repeatedly

	3) Fever-Cold	in alteration.
<b>Viral Fever, Flue, Malaria, Typhoid or Unknown type of Fever, Severe Tonsillitis, Throat Pain with High Fever, Cough, Asthma</b>	<b>First choice:</b> 1) Bio-Tone Plus (Triple) 2) Booster  <b>Second choice:</b> 3) Fever-Cold	a) Initially take large doses of Bio-Tone Plus & Booster repeatedly in alteration, say 3-4 doses each type. Later on take maintenance dose. Medicines are highly effective in all cases. b) Alternatively, repeated doses of Fever-Cold to be applied.
<b>Food Allergy, Dust Allergy</b>	<b>Best medicine:</b> 1) Bio-Tone Plus (Triple) 2) Booster <b>Supportive medicine:</b> 1) Shakti-Raj 2) Fever-Cold 3) Stomach-Stool	a) Bio-Tone Plus is compulsory medicine for all types of food and dust allergy and should be taken regularly for at least 1-2 years. b) Take Bio-Tone Plus and Booster in 3:1 or 2:1 ratio.
<b>Growth, Nutrition, Immunity, Memory, Liver &amp; General Problems</b>	<b>Compulsory medicine:</b> 1) Bio-Tone Plus (Triple) 2) Booster <b>Supportive medicine:</b> 1) Shakti-Raj (tonic for nutrition) 2) Sugar-Tablet or Liv-Treat (correction of bile) 3) Bio-Herbs (vitamin and dietary fiber) 4) Danta-Raj (magnesium supplement)	a) Bio-Tone Plus & Booster are high grade medicines for nerves, lymph and blood – improves memory and function of glands. b) Shakti-Raj improves liver function and provides nutrition; Sugar-Tablet or Liv-Treat corrects bile function, Bio-Herbs provide dietary fibers and Danta-Raj supplements magnesium.

KNOW MORE FROM BOOK

**TABLE–III**  
**IT IS EASY TO SELECT MEDICINES FOR CHRONIC AND COMPLICATED DISEASES**  
**DISEASE MAY BE MANY, BUT MEDICINES ARE COMMON**

GROUP	MEDICINE	DIRECTION OF USE
I	<b>BIO-TONE PLUS (Triple) BOOSTER</b>	Initially higher dose is required depending on severity of disease. Thereafter take 1-2 doses Bio-Tone Plus and 1 dose Booster daily.
II	<b>SHAKTI-RAJ (Honey Mixed) SUGAR-TABLET OR LIV-TREAT</b>	Generally take 1-3 caps Shakti-Raj and 5-6 tablets Sugar-Tablet or Liv-Treat once or twice daily after food.
III	<b>BIO-HERB NO. 1 BIO-HERB NO. 2</b>	Take 1 type of Herb for few days and alternate with the other periodically. Take in sufficient quantity. Medicine may be taken at bedtime or in the morning. Take plenty of water.
IV	<b>DANTA-RAJ (Toothpowder)</b>	Brush teeth twice daily – at morning and night.
V	<b>GREEN CHLOROPHYLL COLOURED PIGMENTS (BIOFLAVONOID)</b>	Take plenty of fresh and unpreserved green leaves, coloured vegetables and fruits in un-cooked condition. Always take in empty stomach.

KNOW MORE FROM BOOK



**TABLE-IV**  
**HOW TO FIND OUT THE REASON OF FAILURE**  
**CHECK LIST FOR SELF-ASSESSMENT**

**IF YOUR RESULT IS UNSATISFACTORY, CHECK THE FOLLOWING :**  
**(PUT ✓ MARK ON YES/NO BELOW)**

	REASON OF FAILURE	CHECKED
•	<p><b>Your case is basically surgical i.e. beyond scope of treatment under medicine.</b></p> <p>Action: In case medicines do not respond, undergo pathological and surgical investigations.</p>	YES/NO
•	<p><b>You have not taken adequate quantity of medicines. Your medication is incomplete.</b></p> <p>Action: Take adequate doses of medicine daily, especially in acute condition. During crisis period, take large and repeated doses of Bio-Tone and Booster medicine, high-grade tonics for nerve, gland and blood. Compute your "Net Medication Value" as per Table – I.</p>	YES/NO
•	<p><b>You have not covered at least one medicine from each group I to IV.</b></p> <p>Action: Cover at least one medicine from each group I to IV daily and alternate with balance medicines (preferably take both Bio-Tone Plus and Booster daily). Always keep all 8 nos. medicines in your ready home-stock.</p>	YES/NO
•	<p><b>You have not used "Natural Medicines" in complicated diseases.</b></p> <p>Action: Take Green Chlophyll and Coloured Pigments (Group V) available in Nature.</p>	YES/NO
•	<p><b>Detoxification of your Body is probably incomplete.</b></p> <p>Action: Take plenty of herbal medicines (Bio-Herbs) for complete detoxification of your body by direct method, through soft or loose stool. Take Bio-Tone and Booster on regular basis to activate your internal organs to expel more toxins by indirect method.</p>	YES/NO
•	<p><b>Your disease may be linked with "High Genetic factor" and "Emergency Condition".</b></p> <p>Action: Avail modern system of medicine (allopathy) and facilities.</p>	YES/NO
•	<p><b>Factors of "Diet" and "Exercise" might have played significant role. Restriction on diet in certain diseases (e.g. diabetes, kidney and heart disease) is essential. Similarly special exercise may be required for patients of Arthritis.</b></p> <p>Action: Consult Specialist Doctor / Nutritionist / Physiotherapist.</p>	YES/NO

**KNOW MORE FROM BOOK**

## TABLE-V

### KEEP YOURSELF HEALTHY, INCREASE LONGEVITY, AVOID SURGERY IN LIFE AND PREVENT DREADFUL AND COMPLICATED DISEASES

Use "GENERAL MEDICINES" under GROUP I to IV :  
**Medicines for Nerves, Glands and Vital Organs : BIO-TONE PLUS and BOOSTER**  
**Medicines to improve Digestive Function : SUGAR-TABLET OR LIV-TREAT and SHAKTI-RAJ**  
**Medicines for direct Detoxification of Body : BIO-HERB NOS. 1 & 2**  
**Medicines to maintain Hygiene of Mouth : DANTA-RAJ and MULTI-CARE**  
 Use NATURAL MEDICINE (Green Chlorophyll and Coloured Pigments), AQUA-FRESH and  
 HERBAL EYE-DROP to complete the cycle for "MAINTENANCE OF HEALTH".

*Our aim is to minimize your visit at our Clinic to seek Doctor's Consultation. Take moderate amount of above "Medicines" everyday as "Health Tonic" to get rid of Complicated Disease and avoid Surgery in your life. Pay a little attention on your Health to keep away many troubles in life. Remember, Health is Wealth – "Prevention is always better than Cure".*

*Cure yourself or remain healthy by simple treatment with a combination of Herbal, Homeopathy, Biochemic and Ayurvedic Medicines. Note that all medicines are Non-toxic, Multifarious type and applicable for people of all ages – children, adult and old.*

**REFER LIST "DISEASE VS MEDICINE" FOR EASY AND SIMPLE SOLUTION OF YOUR PROBLEMS**

**READ "EASYMEDICINE" BOOK THOROUGHLY. PATIENTS NEED NOT COME TO OUR CLINIC FOR CONSULTATION. JUST PICK-UP THE MEDICINES FROM THE CLINIC AND START YOUR OWN TREATMENT.**

## TABLE-VI

### STANDARD PRESCRIPTION FOR ANY COMPLEX DISEASE

Name of Patient Age Date

Address & Telephone No.

Complaint of / Problem :

#### LIST OF MEDICINE : PUT $\checkmark$ MARK AS APPLICABLE

- |   |   |
|---|---|
| <input type="checkbox"/> BIO-TONE PLUS (Triple / Double) – Packet | <input type="checkbox"/> DANTA-RAJ Herbal Toothpowder |
| <input type="checkbox"/> BOOSTER – Packet                         | <input type="checkbox"/> MULTI-CARE Antiseptic Lotion |
| <input type="checkbox"/> SUGAR-TABLET (Herbal)                    | <input type="checkbox"/> AQUA-FRESH Herbal Bath       |
| <input type="checkbox"/> LIV-TREAT Herbal Tablet                  | <input type="checkbox"/> HERBAL EYE-DROP              |
| <input type="checkbox"/> SHAKTI-RAJ Digestive Tonic               | <input type="checkbox"/> FEVER-COLD Liquid            |

- BIO-HERB NO. 1 (Biochemic & Herbs)       STOMACH-STOOL Liquid
- BIO-HERB NO. 2 (Biochemic & Herbs)       SONALI Herbal Antiseptic Cream

- Read EASYMEDICINE Book for detail and application of medicines.
- Refill your Home-stock medicines as and when required.
- Remember, disease may be many but medicines are same.
- Five “Basic Cares” can prevent complex and dreadful diseases; avoid hospitalization and surgery in life – “Mouth-care”, “Stomach-care”, “Detoxification”, “Skin-care” & “Eye-care”.

ADVICE ON MEDICINE & DIET :

ADVICE FOR BASIC MEDICAL TEST :

- 1) Lipid Profile                      2) Blood Pressure  
 3) Blood Sugar                      4) HbA1c  
 5) Liver Function                    6) T3, T4, TSH  
 7) Blood (Routine)                8) USG (whole abdomen)

Signature

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**TABLE–VII**  
**SCHEMA FOR STANDARD PREVENTIVE HOME-MEDICINES**

Sl. No.	Name of the Medicine	How it Prevents Disease	Diseases Prevented
1)	“BIO-TONE PLUS” (Triple / Double) & “BOOSTER”	Medicine for Nervous System and Glands → Increases immunity system of the body.  Moderate dose (say 1 week for child & 2 weeks for adult, in a month) is sufficient to increase immunity potential.	Disease of nerves, gland, eye, arthritis, cold & cough, children & female disease, high pressure, thyroid, old age problems, etc.  Applicable for all ages → children to very old persons.  Youngsters can easily get rid of spectacles.
2)	“SUGAR-TABLET” OR “LIV-TREAT” OR “SHAKTI-RAJ”	High-grade medicine for Liver. Keeps the food relatively alkaline (i.e. less acidic w.r.t. gastric juice having pH = 1 to 3) and prevents metabolic	Acidity, weakness of digestion, fatty liver disease, skin disease, etc.  Shakti-Raj promotes growth & nutrition of children.

		disorder. Helps digestion.	Sugar-Tablet prevents diabetes, skin disease, acidity & gas.
3)	"BIO-HERB NO. 1" OR "BIO-HERB NO. 2"	Provides Dietary Fiber and Biochemic medicine. Detoxifies by expelling toxins from body. Helps absorption of nutrients by small intestine.	Prevents constipation, high cholesterol, high pressure, thyroid, arthritis, skin disease, etc.  High-grade preventive medicine for cancer & complex diseases.
4)	"DANTA-RAJ" Toothpowder	Avoids Fluoride Poisoning.  Fluorine (F) has the highest electron affinity and forms stable compounds. Reacts with Ca, Mg, Fe and other +ve ions of the body, causing dysfunction of useful enzymes.	Prevents arthritis, cataract of eye (of diabetic patients), acidity & weakness of digestion, high-grade tonic for optic nerve.  Maintains normal activity of enzymes and indirectly improves immunity system.

KNOW MORE FROM BOOK

## TABLE-VIII ADVANTAGES OF EASYMEDICINE IN FAMILY-TREATMENT

	ADVANTAGES		USER-FRIENDLY APPLICATION IN FAMILY-TREATMENT
•	EASY to remember, easy to learn and easy to apply.	:	Read thoroughly "EASYMEDICINE" Book and refer website <a href="http://www.homemedicine.in">www.homemedicine.in</a> . For comparative value of different medicines, refer Table-I. For quick reference, see "Disease Vs Medicine".
•	EASY to consume and easy to medicate.	:	Busy people should carry 1-2 packets of Bio-Tone Plus and Booster (weighing only few milligrams) in their briefcase and consume medicine anytime. These two medicines will cover about 60% of total medication value.
•	EASY to carry in traveler's kit for acute problems like viral fever, severe throat infection, bronchitis, etc.	:	Always keep few packets of Bio-Tone Plus and Booster in your briefcase before you commence travel – your journey will be trouble-free. These medicines are to be taken daily by you and your family to increase immunity and avoid unwanted problems during journey.
•	EASY to cover crisis management, especially in your tour.	:	Apply Bio-Tone Plus and Booster repeatedly at 15-20 minutes interval, till your crisis period is over. Thereafter take your own decision.
•	EASY to cover all diseases (except surgery) with few medicines.	:	Bio-Tone Plus and Booster are multifarious medicine and cover almost all diseases. Consume these two medicines blindly on regular basis.
•	EASY to deal with all types of non-surgical diseases of children.	:	Apply Bio-Tone Plus and Booster in 1:1 ratio daily in any type of disease of the children. Apply blindly. For acute problems like high-fever, tonsillitis, etc., apply multiple doses daily.
•	EASY to deal with all types of Female diseases and Gynecological problems.	:	Apply Bio-Tone Plus and Booster in 2:1 or 1:1 ratio daily in any type of Female disease. Take 1- 2 doses each type daily. Additionally take BH, STLT, SR and DR.
•	EASY to deal with or prevent complex diseases of old people.	:	Take 1-2 doses Bio-Tone Plus and Booster daily in 3:1 ratio from 50 years age and continue for whole life. Additionally use BH, STLT, SR, DR and ED.
•	EASY to cure all types of skin disease.	:	Take Bio-Tone Plus and Booster daily in 1:1 ratio and continue the medicine. Additionally take STLT, SR, BH (take plenty) and DR. Take chlorophyll in empty stomach. Apply Multi-Care or Aqua-Fresh on skin for itching or irritation.

•	EASY to treat constipation and all stomach problems like acidity, gas, piles, etc.	:	Bio-Tone Plus and Booster are high-grade medicine to remove constipation. Take on regular basis. Take plenty of BH and drink sufficient water. Additionally take STLT, SR and DR.
•	EASY to avoid surgery in life, lead disease-free life, increase longevity.	:	Bio-Tone Plus and Booster are high-grade medicine to build-up immunity. Take on regular basis. Take plenty of BH. Additionally take STLT, SR, DR and ED.
•	EASY and user-friendly type medicine, common medicine for multiple diseases	:	There are limited numbers of medicines in our system. Medicines are of “multifarious” in action and cover wide range of diseases. Just build-up your home-stock and blindly apply the medicines in any disease, as per the guideline of this book. Thus the same medicine will practically cover array of complex diseases – you need not think of individual disease!
•	EASY availability of medicine by Courier.	:	Home delivery is available in local area. For other places in India or abroad, medicines are sent to the patients through Courier Service. Full address, pin code and telephone or mobile number is to be given for this purpose, with name of the patient and disease. E-mail the requisite information to initiate delivery action.
<u>Abbreviations used :</u> STLT: Sugar-Tablet or Liv-Treat, SR: Shakti-Raj, BH: Bio-Herb No. 1 or 2, DR: Danta-Raj, ED: Eye-Drop.			

KNOW MORE FROM BOOK

## TABLE-IX TECHNICAL BENEFIT OF EASYMEDICINE IN FAMILY-TREATMENT

1)	There are only few basic medicines (mainly 7 medicines) by which one can treat and cover wide range of complex diseases. i) <b>Remedies for Nerve, Glands &amp; Vital Organs</b> – “Bio-Tone Plus (Triple or Double Strength)” & “Booster”, ii) <b>Fibrous remedies</b> for detoxification – “Bio-Herb No. 1 or 2”, iii) <b>Liver &amp; Stomach remedies</b> – “Shakti-Raj” or “Sugar-Tablet” or “Liv-Treat”, iv) For <b>hygiene of Mouth</b> – “Danta-Raj” & “Multi-Care” and v) For <b>hygiene of Eye</b> – “Herbal Eye-Drop”. Limited medicines means less confusion and user-friendly in respect of application of medicines. Therefore, <b>family-treatment</b> can be blindly carried out by using limited number of medicines for widest range of diseases without getting confused and seeking doctor’s help. It is also the <b>easiest method of home-treatment</b> for multiple or complex disease. Additionally it can be used as <b>Preventive Medicine</b> for dreadful diseases, if continued for long.
2)	Medicines work on principle of “ <b>Set Theory</b> ”. The basic domains are “ <b>Liver and Nerves</b> ”. Liver is responsible for all metabolic disorder such as high cholesterol, high uric acid, digestive disorder and what not. It regulates purity of blood which is the main constituent of body. On the other hand Nerves control the whole body function. It is analogous to an electric cable: when electricity is passed – it becomes live, otherwise it is dead. Similarly the body without nervous system is meaningless. Therefore, one has to treat both LIVER and NERVES. The <b>medicines cover both</b> . Therefore, one need not <b>scratch his head to treat the patient</b> especially for complex disease. This is the advantage of set theory (analogous to modern concept of mathematics). The concept of Liver and Nerve is applied under the system of <b>family-treatment</b> .
3)	Nature follows “ <b>Straight Line</b> ” OR “ <b>Path of Least Resistance</b> ”. The concept of <b>home-treatment</b> is based on application of medicine instantly at the time of onset of disease without going for Physiological and Pathological examination. In case of failure of medicine, physiological and pathological check up should be started. Therefore, <b>try first with “Medicine”</b> without wasting <b>time and money</b> for initial laboratory test. Application of medicine at “ <b>Zero Hour</b> ” will simplify the case, especially where virus or bacteria multiply in GP series (however, laboratory tests are <b>essential</b> in <b>surgery-oriented diseases</b> such as gallstone or kidney stone or permanent deformation of tissue).

KNOW MORE FROM BOOK

**TABLE-X**  
**PRIMARY AND SECONDARY MEDICINES**  
**FOR HOME-TREATMENT**

Sl. No.	Name of the Medicine	Type of Medicine	Remark on Replacement of Medicine
1)	BIO-TONE PLUS (Triple or Double Strength)	Basic or Primary Medicine	Basic medicine for nerve, glands and internal organs. For acute and chronic disease. Bio-Tone acts more on nerves and Booster acts more on glands. Dose is to be decided depending on the disease-force. It is better to take the medicines in combination.
2)	BOOSTER	- DO -	
3)	SHAKTI-RAJ	- DO -	Covers more on digestive system and eye. However sugar tablet alone can cover the digestive problems and in this case Shakti-Raj can be replaced by Sugar-Tablet.
4)	SUGAR-TABLET	Basic or Primary Medicine	Essential for digestive problems. Sugar-Tablet should be used for all complicated cases. For practical purpose Liv-Treat can be replaced by Sugar-Tablet.
5)	LIV-TREAT	Derivative or Secondary Medicine	
6)	BIO-HERB NO. 1	Basic or Primary Medicine	Provides dietary fiber – essential for all chronic diseases. Either one of the medicines can be taken – however it is better to alternate the two.
7)	BIO-HERB NO. 2	- DO -	
8)	MULTI-CARE	Basic or Primary Medicine	Multi-Care and Aqua-Fresh are antiseptic and painkilling. Aqua-Fresh is a diluted variety of Multi-Care and can be eliminated from Home-stock list.
9)	AQUA-FRESH	Derivative or Secondary Medicine	
10)	HERBAL EYE-DROP	- DO -	Herbal Eye-Drop is a further diluted variety of Aqua-Fresh.  Few drops of Multi-Care or 2-3 droppers Aqua-Fresh mixed in a cup of water have the same effect on eye. Direct application of 1-2 drops Multi-Care or Aqua-Fresh on eyes is also recommended. Thus conventional Eye-Drop can be totally eliminated. However for eye disease additionally take Bio-Tone and Booster.
11)	DANTA-RAJ	Basic or Primary Medicine	Covers hygiene of mouth and reduces stomach problems.
12)	FEVER-COLD	Derivative or Secondary Medicine	Bio-Tone and Booster must be used in complicated cases. Thus Fever-Cold can be eliminated.
13)	STOMACH-STOOL	Sometimes Primary and sometimes Secondary	For loose motion or vomiting acts as primary, but for chronic stomach problems Sugar-Tablet acts better. Thus Stomach-Stool can be partially replaced by other medicine.

14)	SONALI	- DO -	Multi-Care covers almost all actions of Sonali. However in case of bites from poisonous insects, Sonali is practically the only remedy.
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KNOW MORE FROM BOOK

## CHAPTER-6: SUMMARY OF EASYMEDICINE

### EASY TREATMENT HOME-TREATMENT FOR COMPLEX DISEASE

After the age of 30-40 years, we slowly become victim of complex or multiple diseases. At our earlier age we might have suffered from one or two diseases, but time comes when we become victim of a group of chronic diseases such as acidity, gas, constipation, weakness of digestion, fatty liver disease, piles, arthritis, high uric acid, high blood pressure, high cholesterol, hypo or hyper thyroidism, chronic cold and cough, skin disease, nerve-disease and so on. During menopause, women suffer from nerve-pain, sciatica, osteoarthritis, osteoporosis and many other diseases.

How to treat yourself especially when you are suffering from multiple or array of diseases? Will you take medicine for each and every disease and make a big list of medicine? Don't worry – you can treat complex disease in most simple way.

**Treatment** – First step of treatment begins with mouth and stomach. Brush teeth twice daily with DANTA-RAJ toothpowder. Apply 2-3 drops MULTI-CARE lotion on gum – gently rub by finger and swallow the medicine after application on gum. Take plenty of BIO-HERB 1 or 2 at bedtime and drink sufficient water in empty stomach in the morning. Toxins like arsenic, fluoride, pesticide, etc. will come out of body through soft or liquid stool – thus purifying your blood through detoxification. Take SHAKTI-RAJ and SUGAR-TABLET or LIV-TREAT for better digestion and improvement of liver-function. To improve the function of nerves and glands take BIO-TONE PLUS and BOOSTER say 10-15 days in month. For eye problem or hygiene of skin, use HERBAL EYE-DROP and AQUA-FRESH respectively. Take limited food, more green leaves (Chlorophyll), vegetables and coloured fruits than fish or meat. Treat for blood sugar separately with special care.

By this way you can slowly get rid of disease within 3-4 months and able to keep yourself away from cluster of medicines. Remember this standard method of home-treatment for non-surgery type chronic and complex disease.

### PREVENTIVE MEDICINE FOR INCURABLE DISEASE

We are not familiar with the term “Preventive Medicine” in present system of treatment. In fact its application is limited to vaccination for small pox, polio and few other diseases. But there is no vaccine for dreadful diseases like cancer, AIDS, diabetes, arthritis and cardiovascular disease. These diseases are spreading like epidemic and we are spending huge amount of money for treatment of the same. No curative treatment is so far developed for these diseases. As a result doctors are often humiliated. But it is easy to prevent dreadful diseases by simple method of medication. Eliminate the cause of disease by expelling accumulated toxins from your body – you need to detoxify yourself everyday or on regular basis.

Take plenty of BIO-HERB 1 or 2 at bedtime and drink sufficient water early in the morning in empty stomach. The toxins accumulated in your body will come out through soft or liquid stool. Thus blood will be purified and you will get rid of toxin accumulated in your body. Brush your teeth twice daily by DANTA-RAJ toothpowder. Apply 2-3 drops MULTI-CARE lotion on gum – gently rub by finger and swallow the medicine

after application on gum. Take SHAKTI-RAJ and SUGAR-TABLET or LIV-TREAT for better digestion and effective functioning of liver. For tonic of nerve and gland, take BIO-TONE PLUS and BOOSTER say 10-12 days in a month. To prevent eye disease or skin disease, add HERBAL EYE-DROP and AQUA-FRESH respectively. Take limited food, more green leaves (Chlorophyll), vegetables and coloured fruits than fish or meat.

By this way one can easily prevent dreadful diseases with the help of few medicines only. It is better and economic to prevent disease by adopting "Preventive Medicine" than to actually suffer from disease. A little awareness on health and preventive system of treatment will practically keep your family free from disease. Remember the old proverb – "Prevention is better than cure".

## **MOUTH & STOMACH CARE THE FIRST STEP FOR ANY TREATMENT**

Keyword of treatment for complex disease is cleanliness of mouth & teeth and expelling accumulated toxins from the body. Mouth and teeth must be kept bacteria-free and bowels should be cleared on regular basis to function the digestive system in a better way.

Brush your teeth by using DANTA-RAJ toothpowder twice daily and apply 2-3 drops MULTI-CARE antiseptic herbal lotion on your gum – gently rub by your finger and swallow the medicine. You will be surprised to note that one-third of stomach problem has been diminished – after all mouth is the starting point of the digestive system.

Take plenty of Biochemic-mixed herbal medicine BIO-HERB No. 1 or 2 at bedtime and drink sufficient water early in the morning in empty stomach. Toxins (arsenic, fluoride, pesticide, etc.) of your body will be expelled through soft or liquid stool by detoxification. Take SUGAR-TABLET or LIV-TREAT for better digestion and improvement of liver-function.

By this way you will find great improvement on any type of complex disease – high pressure, high cholesterol, high uric acid, arthritis, fatty liver disease, thyroid, constipation, bleeding of piles, skin disease and so on. In this process, blood will be purified and you will feel overall comfort.

**KNOW MORE FROM BOOK**

## **COMMON KNOWLEDGE TO REMEMBER**

**1) SURGERY:** Where surgery is essentially required, undergo surgical treatment without hesitation. Remember, surgery is the oldest method of Ayurvedic Treatment originally developed by *Charak* and *Sushruta*. In doubtful cases, first apply the medicine – if it fails, undergo surgical treatment.

**2) EMERGENCY:** The cases need detail investigation and instrumental support – therefore, hospitalization is preferred. Additionally active and potent allopathic medicines may be required under guidance of specialist doctors. Emergency cases should not be treated with traditional systems of medicine.

**3) PREVENTIVE MEDICINE:** Use the preventive herbal and ayurvedic medicines lifelong to minimize the risk of "complicated" and "dreadful" diseases. Toxins accumulated in your body must be expelled everyday. The role of herbal and ayurvedic medicine is to expel the toxins from body – thus ensures better health. Remember the old proverb – "Prevention is better than cure".

**4) DIET & EXERCISE:** Importance must be given to the "appropriate diet" and "exercise" for maintenance of health and also to achieve smooth and rapid cure of your disease. Take plenty of "Green Chlorophyll" and "Coloured Pigments" available in the Nature in the form of salad or 1-2 glasses fresh fruit juice or non-toxic coloured flowers in empty stomach. Remember these "pigments" are often called as "natural medicines" and are available in green leaves, coloured fruits and coloured non-toxic flowers. Reduce animal protein and fat intake; instead add more vegetables in your diet. Consult dietician for suitable diet. Do not overeat – take limited food and remain healthy. Try to do light exercise such as walking or jogging instead of doing vigorous



exercise.

**5) DIETARY FIBER:** It is an essential item to increase longevity. Fiber also helps detoxification and removes the accumulated toxins from your body. Your diet should contain sufficient amount of dietary fiber. Additionally supplement the requirement of fiber by taking herbal and ayurvedic medicines.

**6) DETOXIFICATION:** It is the fundamental method of treatment, especially for the chronic or long-lasting diseases. Disease is caused mainly due to accumulation of toxins in your body – either from external source (from water pollution, food pollution, air pollution and microwave pollution) or from self-generated source (such as constipation, improper digestion or weakness of liver and kidney). One should therefore undergo detoxification on everyday basis to purify blood. Take plenty of water in empty stomach in the morning; add sufficient green and coloured vegetables and fruits in your diet. Take preventive herbal and ayurvedic medicines lifelong for purification of blood – thus increasing immunity of your body.

**KNOW MORE FROM BOOK**

## **BRAIN TEASERS FOR STUDENTS OF SCIENCE AND NUTRITION**

### **CATEGORY: EASY TYPE (10 QUESTIONS)**

Q 1) Name at least three fundamental causes of disease. Justify your answer. Whether reduction of saliva has any role on disease?

Q 2) What are the sources of toxins? Whether you can avoid toxin in your body accumulated from “external source”?

Q 3) Micro-inflammation or irritation of body cells causes disease. True or false? Toxin causes micro-inflammation of cells. Justify.

Q 4) Name the most important process to eliminate toxin directly from body. How will you expel toxin on daily-basis?

Q 5) What are the “natural medicines” for human body? Name commonly available “natural medicines” in market.

### **CATEGORY: TOUGH TYPE (10 QUESTIONS)**

Q 1) List out the important causes of disease as per your judgment. Try to calculate the percentage (%) of its effect on causes of disease considering sum-total as 100%. Justify your calculation considering modern civilization and lifestyle of people. Will you consider psychological factor as one of the major causes of disease?

Q 2) What is bioflavonoid? List out the applications of bioflavonoid for treatment of disease and maintenance of health. What are the natural sources of bioflavonoid? What is the role of Chlorophyll in human life? What is pro-vitamin?

Q 3) Normal person requires about 2500 Kcal per day. Can you prepare a diet chart where he or she can maintain normal activity with about 1000 Kcal? Is it possible to remain healthy with a very low

Calorie say 600 Kcal per day?

Q 4) Why less amount of Bio-energy is required compared to Chemical Energy for normal function of body? Find out the scientific outlook why Bio-energy is more efficient than Chemical Energy.

Q 5) Identify the foods which will make your diet more alkaline. What are the merits and demerits of alkaline food? What is the role of dietary fiber in maintenance of health? Under what conditions nitrogen of Protein proves to be more harmful than carbohydrates?

**HINT:**

All above are general questions. Solve the questions without considering the methodology of treatment of disease. Note that there is no direct answer for “Tough” category questions and therefore, these are likely to have multiple answers. Apply your own logic, judgment and experience in life to find out the answers.

**KNOW MORE FROM BOOK**

## **MISCELLANEOUS INFORMATION**

**FOR GENERAL COMPOSITION OF MEDICINES REFER WEBSITE**

**[www.homemedicine.in](http://www.homemedicine.in)**

**LEARN MORE ABOUT “BIOPATHY SYSTEM OF MEDICINE” FROM OUR WEBSITE**

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**HEALTH IS WEALTH**

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